Calgary metro

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WHISKEY IN SPACE

metroNEWS

CALGARY

ROBSON FLETCHER/METRO IN CALGARY

RAIN & SHINE

We've had wild weather this summer, but precipitation has been similar to years past. In Vancouver, they're experiencing a Prairie-like drought

metroNEWS

VANCOUVER

EMILY JACKSON/METRO IN VANCOUVER

Cold-case DNA leads to arrest

CRIME

Charges laid in two-decades old sexual assault

Aaron Chatha
Metro | Calgary

Calgary police have charged a man in connection with a two-decade old random sexual assault against a teenage girl.

Charles Desjarlais, 52, of Lethbridge, is charged with one count of sexual assault with a weapon.

"This case is a great example of the fact we don't consider criminal investigations to be closed until they are solved," said Staff Sgt. Bev Voros of the sex crime unit. "There's no time limit on how long after an offence we can lay charges."

According to police, on the evening of March 23, 1995, a 16-year-old girl was walking home from a school function when a man she didn't know approached her.

He told her he had a gun and forced her into an alley in the 6800 block of Huntridge Hill NE.

There, he sexually assaulted her.

At the time, police were unable to find a suspect.

Police re-examined DNA evidence from the case in 2001, after the creation of the National DNA Bank.

No DNA matches were found at the time.

Police re-submitted samples in November 2014 and a match was found, thanks to advances in technology and new evidence.

After a nine-month investigation, police say Desjarlais was arrested without incident on Aug. 15.

PAST RECORD

Charles Desjarlais has a criminal past.

In 2002, he plead guilty to sexuality assaulting a woman in a park in 1994.

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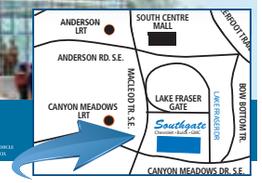

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metro NEWS
Your essential daily news

Inmates in Philly make chair for Pope's visit. World

TRANS-CANADA HIGHWAY

1 dead, 6 injured in collision

Six people were injured — including two teen-aged children — and an 86-year-old woman later died in hospital, after a semi collided head-on with minivan on the Trans-Canada Highway, near Morley, early Monday afternoon.

RCMP, EMS and STARS attended the scene on the Trans-Canada Highway just west of Scott Lake Hill and worked at length to remove one patient from the van, which was carrying five people.

RCMP said the westbound semi crossed the meridian and collided with the van.

All occupants of the minivan are from Calgary.

Two teenagers, both of whom were sitting in the backseat, were driven to the Alberta Children's Hospital via ambulance, RCMP said, adding one teenager is in serious, potentially life-threatening condition while the other had minor injuries.

A 48-year-old woman, who was driving the van, was taken to hospital in serious but stable condition.

RCMP also took a man in his 70s, who was in the van, to hospital after he initially declined transport.

The two occupants of the semi were reported to have no injuries and were taken to the Foothills Hospital in stable condition.

Still with both lanes closed, investigators remained on scene throughout the evening.

The cause of the collision is still under investigation.

JEREMY SIMES/METRO

Byelection debate draws hundreds

CALGARY FOOTHILLS

Independent Grochowski did not participate

Robson Fletcher
Metro | Calgary

Six of the seven candidates vying for the seat in the Alberta legislature that Jim Prentice won but didn't want made their pitches to Calgary Foothills voters Monday night.

All party-affiliated candidates in the byelection prompted by the former premier's election-night resignation as MLA took part in a debate attended by roughly 300 people.

NDP candidate Bob Hawkesworth repeatedly made the argument that electing him, as a member of the government, would be in the best interest of constituents.

"Let me be the one that speaks for you within the government," he told the crowd. "I'm the only candidate in this election that can offer that to you."

Wildrose candidate Prasad Panda said another NDP MLA is the last thing Alberta needs.

"The NDP have raised spending even faster than they have raised taxes," he said of the young government."Through attrition, we must reduce the size and expense of government."

PC candidate Blair Houston also said the government needs to stop spending increases but cautioned about rushing toward a balanced budget at all costs.

"Now is the time to use some of our rainy-day savings ... to run a modest deficit ... so we don't spiral into a deep recession," he said.

Alberta Green Party Leader Janet Keeping also said a balanced budget is important but urged patience.

She also said she'd support boosting government revenues with a sales tax, "if oil prices stay low."

Liberal candidate Ali Bin Zahid said the government must focus on efficiency in the health-care system, which accounts for nearly half the provincial budget.

"We spend more, per capita, on health care than any other province but we don't get the services we need," he said.

The Alberta Party's Mark Taylor also called for health-care reform and said the province must listen closely to the advice of front-line workers to best do that.

Independent candidate Antoni Grochowski did not participate in the forum.

The byelection is Sept. 3.

Six of the candidates participated in the forum Monday night, organized by the Calgary Leadership Forum. ROBSON FLETCHER/METRO

AIR QUALITY

Smoke advisory issued

Alberta Health Services (AHS) issued an air quality advisory for the Calgary Zone Monday due to current and forecasted poor air quality conditions.

Fires in Washington State area are drifting into portion of British Columbia and Alberta, prompting health advisories in both provinces.

The drifting plume prompted Environment Canada to warning central and southern Albertans about smoke haze from forest fires in the Pacific Northwest.

The weather agency says visibility and air quality could be affected, depending upon the concentration of smoke. Areas affected include the cities of Lethbridge, Calgary and Edmonton.

AHS, meanwhile, is advising those living and travelling to Calgary area to be aware of potential health concerns that are associated with current conditions.

Healthy individuals may experience temporary irritation of the eyes and throughout and possible shortness of breath, AHS said in a press release.

AHS said those with health issues — like asthma and cardiovascular conditions — may notice the worsening of their symptoms. Children and seniors are also at a higher risk of smoke-related illness.

Those experience symptoms can call Health Link at 811 to speak to a registered nurse.

AHS said the advisory will remain in effect until further notice. METRO

—WITH FILES FROM THE CANADIAN PRESS

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Residents promised warm-toned LEDs

INFRASTRUCTURE

Traditonal blue lights won't be used in communities

Helen Pike
Metro | Calgary

With the City of Calgary working to retrofit around 80,000 streetlights, changing the orange-toned lamps to their more efficient LED modern brothers, they're simultaneously quashing concerns over light pollution and human disturbance.

In 2014, when council debated and ultimately approved the project, concerns the typically blue-hued lighting would interfere with comfort in residential areas were voiced. But as the project moves forward the city has promised warmer-toned lighting for neighbourhoods.

"The lights used in residential areas is more of a yellow spectrum than blue so there is little concern about exposure to 'blue light,'" read a statement from the city's transportation department. "The city is confident that the chronic exposure to blue-light will be significantly mitigated and will not be a concern as we combine these warmer lights with the ability to control light trespass and glare."

Phil Langill, director of the Rothney Astrophysical Observatory University of Calgary, said blue light at night, although put in place to create more visibility, can actually impair vision.

"The colour is the problem," Langill said. "The human eye responds very poorly to blue light … the response of your eye is for your pupil to close down, so you can't see at night."

He also said human eyes have the best focus with red, yellows and greens.

"People have a harder time focusing sharply on objects,"

Langill said although the LED technology has reduced what the city calls "uplight" and "backlight" which normally are the culprits of light pollution, when he's driving on Glenmore trail by Westhill where lighting has had an upgrade, he has to use his sun visor.

"I have to flip my visor up, so that I don't get blinded by the light that's shining straight into my eyes," Langill said. "The city's halfway there … if they could just reduce the intensity of the lights, or go to a different colour they would have it nailed."

The replacement project has an estimated cost of $32 million, which the city hopes to gain back over the next six to seven years. COURTESY CITY OF CALGARY

So far, the City of Calgary has installed around 4,680 LED lights with the goal to start replacing 2,000 every month starting in September.

The city is encouraging residents to call 311 if they notice light "trespassing" onto their property — like if it's peeking through the window into your home.

The project was estimated at $32 million — a cost the city hopes to recoup within 6.5 years with electricity and maintenance savings.

STREETLIGHT RETROFIT

The following neighbourhoods may notice a change in their lighting in the near future.

September
Albert Park-Radisson Heights, Discovery Ridge, Strathcona Park, Crestmont, Glendale, Wildwood, Spruce Cliff.

October
Shaganappi, Southview, West Springs, Patterson Coach Hill, Westgate, Rosscarrock, Scarborough, Sunalta West, CFB Lincoln Park, Ramsay, Inglewood, Forest Heights, Christie Park.

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Debt causing sleepless nights for more people

FINANCES

Cars and credit cards account for most out-of-control bills

Jeremy Simes
For Metro | Calgary

With the recent downturn in the economy, the number of people seeking debt help has soared nearly 70 per cent.

According to the Credit Counselling Society of Canada, 147 Calgarians began a debt management program through the organization from January to August 2015, an increase of 60 people from the 87 who were in a program during the same time last year.

Calgary-based credit counsellor Nadia Graham said she's been extremely busy handling the influx.

"It's upsetting to see that there are more people in this situation." Graham said. "Compared to other industries, we don't like to see that we're up in business."

With more debt comes a fiasco of emotions for people who have seen their finances go off track, Graham said.

"It's very sad," she said. "People are so overwhelmed that they can't sleep at night."

University of Calgary student Fatima Ze knows the anxiety that comes with having about $50,000 in student loans all too well.

"I can't do things recklessly thinking it's OK to go a little under because I'm already a lot under," she said.

However, she said, the anxiety has also been a blessing.

"The anxiety forces you to think of a million backup plans," she said. "But at the same time, it's good because you have all these backup plans to cut off that debt as soon as possible."

But unlike Ze, many have reached a point where none of their backup plans seem to work, forcing them to see a counsellor.

In fact, Graham said she's had clients who owe more on their cars than they do on their mortgage.

The biggest types of debt? Cars and credit cards, Graham said.

Before you judge, she said most people in financial ruin don't recklessly purchase things they can't afford. Rather, she said, they pay their bills with multiple credit cards.

Eventually, the interest they owe on those cards exceeds the amount they initially spent to pay the bills, she said.

One of Graham's clients owes $298,000 in credit-card debt.

"It wasn't that he spent $298,000 having fun," she said. "It was that he's been charged a whole heck of a lot of interest."

"These are good people," she added. "They just got themselves into a situation that got crazy and out of control."

Fatima Ze sometimes feels anxious knowing she has a bunch of student loans to pay.
JEREMY SIMES/FOR METRO

BACKGROUND

Four things Graham recommends you do to stay out of debt:

- Think before you spend that $5 on that coffee; it adds up.
- Leave credits cards at home — if it's out of sight, it's out of mind.
- Avoid making rolling-over-your-vehicle payments to a new car.
- Downsize your home if the bills have become too much to handle.

METRO

> **Compared to other industries, we don't like to see that we're up in business.**
> Credit counsellor Nadia Graham

137

Number of Calgarians who began a debt management program in 2015. This represents a 60 per cent increase from the same time last year.
METRO

BACKGROUND

In debt and can't make payments? Graham says credit counsellors can:

- Help negotiate lower interest rates.
- Help convert a severance package into a debt settlement.
- Help declare bankruptcy. But, counsellors suggest you don't dip into your RRSPs, as you might face a potential tax hit from withdrawal. METRO

ANIMAL SHELTER

Used-cat clip ups adoptions

It's as cheesy as can be and features a moustachioed used-cat salesman trying to adopt out an abundance of cats at the Calgary Humane Society.

"Felines, felines, felines, feeeeeeeeelines! We're literally bursting at the seams with quality felines," says the salesman in a less-than-subtle attempt to lure prospective cat owners.

"Black cats, white cats, tall cats, short cats. We've got cats of all makes, models and colours. They're ready to practically walk off the lot."

The video, just over a minute long and released last week on YouTube, has so far received more than 60,000 hits and helped the society find homes on the weekend for 30 cats — about twice the normal number.

"If we were going to do this, we were going to do it right — and by right we mean wrong — and make it look as terrible and as cheesy as possible," said Philip Fulton, the Humane Society's manager of community outreach who played the used-cat salesman.

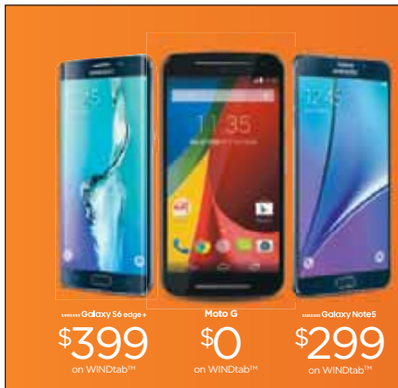
"We decided to … pull from used-car dealership commercials and self-produced commercials and … it's gone like gangbusters. It's just kind of exploded and got a lot of attention for our event."

Finding homes for the 30 cats has freed up some much-needed space for the shelter, which is still full of felines.

Summer is the busiest time of year, Fulton said, because it is kitten season and there have been several high-profile seizures from homes that weren't providing proper care for their animals.

He said there are also more people who turn in their cats because they can't afford to provide basic care or veterinary attention.

THE CANADIAN PRESS



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Lane Shordee with his bench creation at the Kensington ContainR site. JEREMY SIMES/FOR METRO

Sit and relax, but get ready to roll

ART AND CULTURE

Mobile public benches foster interaction

Jeremy Simes
For Metro | Calgary

Calgary's anonymous bench builders are back at it. But this time, they wanted to create something more moving.

With help from ContainR funding and many volunteers, the Bench Project's K.Z. and L.F. — who requested to have their full names withheld — recently constructed 12 moveable benches at the public space to engage those who plan to use it.

The duo also connected with local visual artist Lane Shordee, who thought up the design for the benches, which look like small wagons without handles.

K.Z. said the wheeled benches are meant to stabilize the space when there are performances, and to activate it when there's nothing going on.

"When people have autonomy of moving where they want to sit, then I think that they do and can take ownership of the space," she said.

Shordee said one of the most important parts of his craft is to get people physically engaging with his creations.

"It's a really important aspect of what I've been teaching myself — finding different ways to incorporate people where, in this case, people move the benches around," he said. "They can feel empowered."

So far, the new benches have achieved that, K.Z. said, adding that some people have already held bench-racing sessions.

In the past, K.Z. and L.F. mainly focused on constructing benches along Calgary's commercial corridors. This time, L.F. said, they thought it was essential to provide benches to a large, community-driven space.

"You can come here and spend the day here without spending any money at all," she said.

"You can wait for a city to do stuff," K.Z added. "Or there's also that opportunity to see a need somewhere and do it yourself."

That's part of the reason the pair wanted to remain anonymous — to show it doesn't matter who you are; anyone can contribute to the community.

"These benches aren't the city's, ContainR's, or even ours," Shordee said. "These benches are for the people."

To date, the Bench Project has made about 50 benches.

IN BRIEF

Calgary Transit wins award for its website

Calgary Transit's redesigned website, calgarytransit.com, has been recognized for its sleek and interactive layout, winning the the Gold Stevie Award in the transportation website category at the 12th Annual International Business Awards.

The International Business Awards saw entries from more than 60 nations and territories. Winners were chosen by a group of more than 200 executives across the globe. METRO

TRAGEDY

Nova Scotia river claims Calgary boy

Emergency crews discovered the body of a 12-year-old boy reportedly from Calgary after he drowned in a Nova Scotia river over the weekend.

Nova Scotia RCMP said Monday that an underwater rescue team found the boy's body earlier that day after the family reported him missing.

RCMP say the boy went under the surface of the LaHave River as he was swimming with three friends at around 12:45 p.m. Sunday.

They say his body was found just after 9 a.m., but that his name has not been released. According to the CBC, he was from Calgary.

Cpl. Angela Corscadden says RCMP officers patrolled the shoreline on foot overnight, but found nothing.

The underwater recovery team was at the site, along with ground search and rescue crews. A helicopter and auxiliary coast guard vessel aided earlier in the search near Conquerall Bank. METRO

Raft valet may become river mainstay

FLOATING THE BOW

Idea not necessarily limited to YYC WingFest

Helen Pike
Metro | Calgary

A Calgary food fest's idea — which it floated past the police and fire department before bringing to the public — could become a permanent installation for next year's riverside event.

A raft valet, complete with a ticket system, could become a permanent installation at not only YYC WingFest, but other events, if the idea catches on. Organizers think it may be Calgary's first such system.

"As long as we're keeping to a venue along the riverfront we'll absolutely be thinking of doing that service," Founder and event director Michelle Freer said. "People love to float down here, and we wanted to go green with our event, we were thinking of a whole bunch of types of transportation options for people to use."

She said people rafting have an easier time carpooling and coming down the river in bigger groups instead of single occupant vehicles.

For those floating the Bow, valet attendants were waiting eagerly to pull boats ashore, offering a protective tarp landing and supervision while foodies explored the delights on land.

"I would love to be able to help other events do it," Freer said.

The WingFest YYC raft valet set up. COURTESY MICHELLE FREER

VIDEO GAMES

Full Steam ahead for local developer

Aaron Chatha
Metro | Calgary

Shane Berezowksi, a Calgary video game developer, was shocked but excited to see his game CMYW pass the Steam green light.

Steam is one of world's largest computer game platforms.

What that means is thousands of Steam users tested thousands of work-in-progress video games and voted which of them would be put on sale through the official Steam platform – typically reserved for AAA video games with multi-million dollar budgets.

Shane Berezowski
AARON CHATHA/METRO

Berezowski created CMYW himself.

The games visual theme is inspired by retro arcade games like Asteroid. One to four players protect a portal by blowing up asteroids. The asteroids then turn into resources, which you drop back in the portal for point. Collect enough points and you'll have to face powerful 'bosstroids' which are harder to destroy.

"It's very easy to play," said Berezowski. "That was kind of the design intention. I played it with my parents who are 60 years old and they're able to pick it up within three rounds and understand the concept."

That so many people would like his game is beyond Berezowski's expectations. He taught himself how to design games as a hobby while working as a mechanical engineer.

In February of this year, he was laid off from his job in the oil and gas sector.

"It was a tough situation just because everyone else was being let go and the competition pool was growing and growing," he said. "I wasn't hearing back from anybody, so in my downtime I started focusing more and more on full game development."

EDUCATION

Calgary teacher wins national award

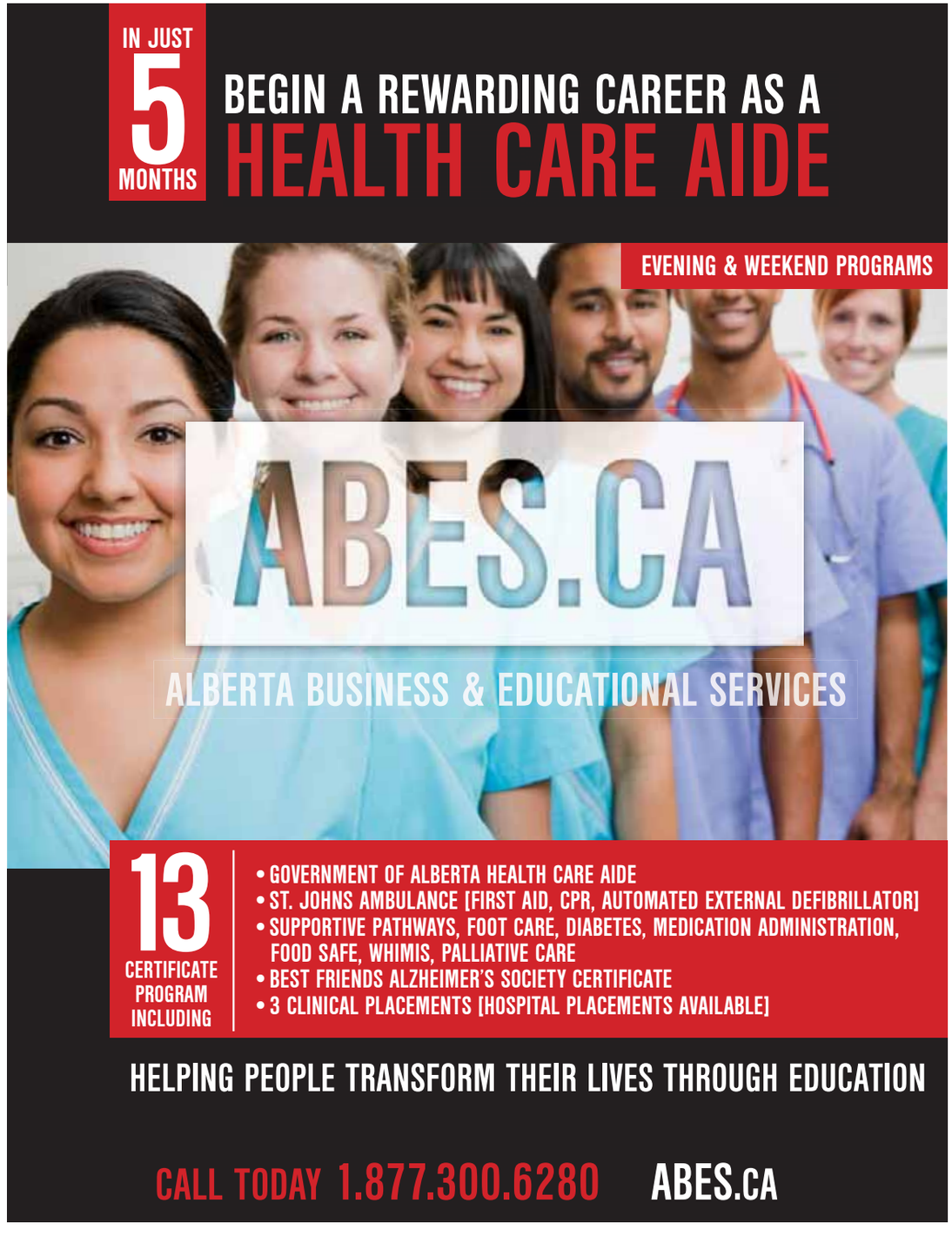
Calgary schoolteacher Elysa Morin was recognized for her outstanding work Monday, winning $2,500 for school programming and supplies — courtesy of Johnson Insurance — at the annual Canadian Family Teacher Awards.

Morin, a Grade 1 teacher at Prince of Wales School, was among three teachers who won the top prize. In a news release, the organization said Morin is passionate, dedicated and innovative, and uses humour, movement and music as part of her teaching style to solve everyday learning problems.

After shortlisting 12 semi-finalists, Canadian Family asked people to vote online to select the winners.

More than 360,000 votes were cast, Canadian family said, adding that Morin received more than 78,000 votes.

The other winning nominees included Red Deer teacher Amanda Wilson and Heather Hughes-Leck from Halifax. METRO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WEATHER

Alberta, B.C. experiencing highly unusual summers

Robson Fletcher
Metro | Calgary

It's been a tale of two summers in Calgary and Vancouver, with the normally wet West Coast experiencing record droughts and the prairie city already exceeding its normal rainfall for the entire month of August.

All told, Calgary has seen more than five times as much rain as Vancouver this summer, according to Environment Canada data.

Between June 1 and Aug. 23, Alberta's largest city saw a cumulative 223.3 millimetres of precipitation, compared to just 44.7 millimetres in Vancouver.

While Vancouver usually gets three times as much precipitation on an annual basis, Calgary typically sees more rainfall in the summer, but not by such a massive margin, according to Matt MacDonald, an Environment Canada meteorologist.

"We almost have opposite climate regimes," MacDonald, who is based in Vancouver, told Metro Calgary. "The summer is the wettest period of the year for you guys, whereas it's our driest period. And then, once we get into fall, that's our wettest period of the year and that's typically your driest period of the year."

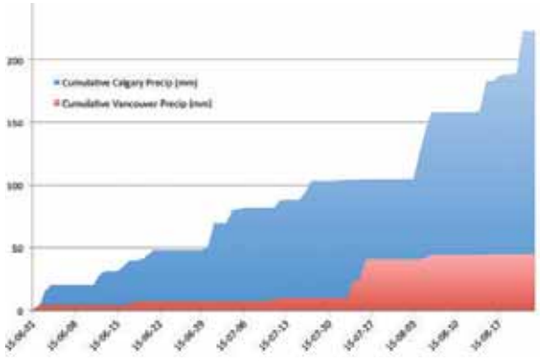
This summer has been "record-breaking dry" in Vancouver, he noted. "We're at the highest level of drought on the drought scale," MacDonald said. "It's an extreme drought here."

Calgary, by contrast, actually saw a bit less rain than usual in June and July but more than made up for it in August, which MacDonald described as an "exceptional" month for summer storms, so far.

"Obviously you guys have seen some pretty impressive outbreaks of thunderstorms," he said, referring to the series of cells that moved through Calgary in early August, dumping heavy rain and hail across the city, knocking out power, flooding streets and prompting city officials to open the Emergency Operations Centre.

In Vancouver, meanwhile, depleting reservoir levels forced the regional government to issue Stage 3 water restrictions in mid-July. Residents are banned from watering lawns, washing cars or filling pools. Fines range from $300 to $500 for "grassholes" who ignore the rules. Neighbours have been calling municipal offices to tattle on each other and posting "drought shaming" pictures on social media.

WITH FILES FROM EMILY JACKSON



The cumulative precipitation in Calgary and Vancouver from June 1 to Aug. 23. DATA: ENVIRONMENT CANADA; GRAPH: METRO

REACTION

How do you like the summer rain (and hail)?

"The rain... it's annoying because I work outside, so I've had to take a lot of days off. That sucks. I'm trying to go to school, and if I can't work, I can't really pay for school. Jessica Mawle

"It's unpredictable. We just experienced it once, when we were in the library and we didn't expect it to rain heavily. So we weren't able to bring jackets and clothes for cold weather. Closyl Cabundocan

"Calgary weather, it's always like this. Sometimes it's hot, sometimes it's cold. It's all right. I like the rain, as long as it's not hailing. Tony Wong

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An artist's rendition of the CalgaryNEXT project. Some scholars are seeking answers to better understand how the decision to endorse a similar project in Edmonton came together. CONTRIBUTED

SPORTS COMPLEX

CTF relaunches no-public-funds petition

The Canadian Taxpayers Federation (CTF) has renewed its petition opposing tax dollars for pro sports arenas, reflecting the Calgary Flames ownership's recent request for public funds to build CalgaryNEXT.

Last week, Calgary Flames president Ken King unveiled an $890-million plan for a new arena, stadium and fieldhouse that would require a large buy-in from the city.

Calgary Flames ownership is expecting a possible $690 million — or more — from public funds to either front the money or pay a portion of the new sports complex, the CTF said in a press release.

"Pro sports complexes should be paid for with tickets, not taxes," said CTF-Alberta Director Paige MacPherson, in a prepared release.

"The Flames franchise is worth hundreds of millions and is owned by some of Canada's wealthiest people. We think they can pay for it themselves."

Flames ownership group is asking the city to front $200 million for the complex it was planning to spend — but still doesn't have — on a new fieldhouse at Foothills Athletic Park.

Ownership is also asking the city to approve a $240-million community revitalization levy, where tax revenue over and above current taxation would come from residential and commercial developments near the facility.

The CTF said many arenas across Canada have been built without tax dollars, including the Air Canada Centre in Toronto, the Bell Centre in Montreal, the Canadian Tire Centre in Ottawa and Rogers Arena in Vancouver.

METRO

Researchers hitting blocks on arena deal

FREEDOM OF INFORMATION

Redacted reports causing frustration for professionals

Ryan Tumilty
Metro | Edmonton

Researchers trying to glean specific information about how Edmonton decided to endorse a nearly half-billion dollar arena deal are finding roadblocks well after the agreement is done.

Jay Scherer, an associate professor of sports sociology at the University of Alberta, said he's tried to use freedom of information legislation to get documents on how the deal came together.

But, even after waiting months in some cases for that information, Scherer said he's been getting mostly blacked-out pages.

"On top of what is an extraordinary delay, the vast majority of information I have received is redacted information," he said.

Scherer said he just wants to understand how the deal came together as part of his academic research.

His work, he explained, is to understand the basics about how the deal has come together, how a community revitalization levy was identified as a funding source, and how the city came up with estimates for the levy.

"I've researched these types of debates for 25 years, so professionally it's part of what I do as a scholar and to be able to offer a full analysis you need as much and as accurate information as possible."

The value of this work, he said, becomes evident when you look at last week's announcement from the Calgary Flames organization about its intentions to build an arena and access various streams of funding to do so.

"The Edmonton case will provide a bunch of benchmarks for Calgary, as they go through a similar debate with a nearly identical process," he said.

Scherer is not alone in his frustration in finding specifics about one of the largest deals in Edmonton's municipal history.

Scott Hennig, with the Canadian Taxpayer's Federation, said he's seen similar roadblocks when he attempted to get information on the arena deal in Edmonton.

He said he eventually stopped asking, because he was so frustrated with the heavily redacted reports he was seeking.

"One of them is a 105-page document and I have 18 of the pages."

Hennig said sometimes information is redacted because it constitutes advice and sometimes it has been redacted because of a third party, in this case the Katz Group.

"There is no reason why all of that information shouldn't be public now," he said.

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Ex-PMO aide takes stand

COURT

Claims he didn't know Wright repaid expenses until later on

Chris Woodcock, ex-director of issues management inside the Prime Minister's Office, testified at Mike Duffy's trial in Ottawa on Monday. FRED CHARTRAND/THE CANADIAN PRESS

Chris Woodcock, the aide in the Prime Minister's Office who crafted public statements about Sen. Mike Duffy's repayment of disputed expenses, says he never read the 2013 email where Nigel Wright told him he was picking up Duffy's tab "personally" — at least not until months later.

Woodcock, who was director of issues management and responsible for staying on top of controversies affecting the government, testified Monday at Duffy's trial for fraud, bribery and breach of trust. Woodcock said he was responsible for drafting statements for the government and Duffy in cooperation with senators and Duffy.

"Mainly my job was to spot trouble and come up with a strategy for dealing with it," he said.

Woodcock said he first read the top paragraph of Wright's email on March 8, 2013.

"I didn't see it at the time. It actually meant nothing," he told assistant Crown attorney Jason Neubauer.

Neubauer did not pursue Woodcock's answer further.

However, it provides a partial explanation as to how at least one other aide in the PMO, presumably in the know about Wright's payment, failed to flag it to either Prime Minister Stephen Harper or anyone else as a looming political disaster.

It may also explain why, in the early weeks after the $90,000 payment was reported on May 14, 2013, the prime minister continued to tell the public that no one on his staff knew. Emails submitted as evidence show there were up to 13 PMO and senior Conservative officials who knew about it.

> **"I didn't see it at the time. It actually meant nothing.**
> Chris Woodcock on Nigel Wright's email from March 8, 2013

At the time of the email to Woodcock from Wright, Harper's office was trying to craft a response to a reporter who had inquired of the Conservative Party if it was helping either Sen. Pamela Wallin or Sen. Duffy with their disputed expenses.

They debated whether to respond.

Wright replied to Woodcock the party would only cover expenses incurred on party business and would not be picking up any of Duffy's housing expenses.

"For you only, I am personally covering Duffy's $90k," Wright wrote.

Woodcock, who appeared Monday as a Crown witness, said he only realized that was in his email in June 2013, well after CTV broke the embarrassing story that Wright had covered Duffy's bill, by which time Wright had resigned.

Woodcock testified he received between 700 and 1,000 emails a day and mostly scanned them for "action" items he would have to move on.

He said he was "actually quite surprised" when he realized then that he'd been informed by Wright of his repayment as early as March 8.

That was more than two weeks before March 26, when Wright had another PMO staffer handle the transfer of his personal bank draft for $90,172.24 to Duffy's lawyer.

Woodcock also testified that Duffy was an "active participant" in the PMO's handling of his expenses controversy and the media "talking points" that were issued about it. The tone of their conversations was collegial and cooperative, he said.

TORSTAR NEWS SERVICE

ELECTION 2015

Leaders square off on plunging economy

A precipitous drop in North American stock markets sparked fresh debate on the federal campaign trail Monday about which leader would be the best choice to manage Canada's finances.

The S&P/TSX composite index dropped 768.5 points shortly after markets opened, before rallying to close down 420.93 points, a 3.12 per cent decline over Friday's close. The dollar, meanwhile, closed down about half a cent.

For Stephen Harper, the plunging economy — fallout from China's worst market performance in eight years — provided a welcome diversion from the relentless revelations of the Mike Duffy trial that have kept the Conservative campaign off balance for close to two weeks.

The prime minister's office released a short statement Monday, saying that he had spoken on the phone in the morning with Stephen Poloz, the governor of the Bank of Canada.

"Prime minister Harper and governor Poloz discussed the recent decline in global stock markets and commodity prices, slowing growth in China and emerging markets and the potential impacts on Canada's economy," said the statement, which offered no other details.

NDP Leader Tom Mulcair and Liberal Leader Justin Trudeau blamed Harper for the economic mess and said they could do a better job of running the country's finances.

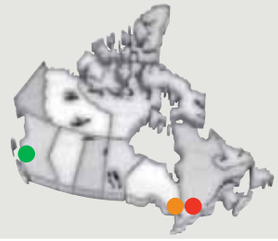
Harper repeated that his government is the best bet in uncertain economic times.

That's a message that the Conservative leader has been struggling to deliver as he fends off questions about how much his current chief of staff, Ray Novak, knew about Nigel Wright's controversial $90,000 payout to Duffy in February 2013.

Harper said Monday the unstable global economy is the most important issue facing Canadians and urged them to stay with his party.

Mulcair said Harper "put all his eggs in one basket" by focusing the Canadian economy on the oil and gas sector, which has been rocked by a downward price spiral. THE CANADIAN PRESS

WHERE THE LEADERS ARE TODAY



- **Justin Trudeau** will be in Toronto and Brampton, Ont.
- **Tom Mulcair** will be in Ontario: Dundas, Kitchener and Sarnia.
- **Elizabeth May** will be in Vancouver and Burnaby, B.C.

Stephen Harper's itinerary was unavailable.

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Cleaner finds, returns cash left in hotel

GOOD DEED

Tourist was elated to have purse returned

A Windsor, Ont., housekeeper said she expected the usual haul of linens and towels when she began cleaning a room at a Days Inn hotel — not a bag filled with $4,700 US in cash.

But when Jenn Zojac spotted the purse left behind by a guest who had already checked out, she didn't think twice before handing it in.

$4,700

The amount of cash in the purse discovered by Days Inn housekeeper Jenn Zojac.
THE CANADIAN PRESS

After searching the bag for ID and finding the wad of cash instead, Zojac immediately turned everything in to the front desk manager, who helped track down the guest in Montreal and arrange for the money to be returned.

Zojac, who has worked at the hotel for three years, said it would never occur to her to do anything but return the items guests leave behind.

She said she has been caught up in a "whirlwind" of attention online and in local news recently for what she did, but she assumes most people in her situation would have done the same.

She said the important thing is that she acted as a good role model for her children, who are thrilled with the attention Zojac is getting for her good deed.

"They think it's just the coolest thing ever," she said, adding that her son has been carrying around a copy of the local newspaper displaying Zojac's photo on the front page.

Hotel owner Tony Mujral said Zojac has set an example for not only her children, but all the hotel's workers.

"It sends a good signal to everybody. I like to think that when you do honest work it pays off," he said. "We, staff and management, are proud of her."

Zojac and Mujral said the guest, part of a group of tourists travelling together, was elated and thankful to have the money returned.

She left Zojac a small reward for her honesty.
THE CANADIAN PRESS

> **It just seemed like something you're supposed to do ... You find something in a room that means a lot to someone, you give it back to them.**
> Jenn Zojac, Days Inn housekeeper

CRIME

Birthday card bandit stole from boy, 6

A Newfoundland man who has become known as the "birthday card bandit" was handed a suspended sentence and a year of probation in a St. John's court today for stealing cards from a six-year-old boy's party.

Thirty-nine-year-old Dustin Crocker pleaded guilty to theft under $5,000 last week.

The court heard that Crocker, who suffers from serious medical issues, was in a state of confusion when he took the stack of cards from the birthday party in Mount Pearl four months ago.

He has apologized to the child and given him $250 for restitution of the gifts.

The Crown had proposed a sentence of 30 days incarceration, but Judge Mark Linehan said Crocker and his family have already been publicly scorned, so further denunciation was not warranted.

The boy's mother said after sentencing that she is happy the case is over so both families can begin to put their lives back together.

She said she didn't believe Crocker deserved jail time, adding that everyone makes bad decisions and Crocker has apologized.
THE CANADIAN PRESS

A-MAIZE-ING MAZE
FIELD OF HOPE This year's corn maze on the Hunter Brothers Farm in Florenceville, N.B., commemorates the 35th anniversary of Terry Fox's Marathon of Hope to raise funds for cancer research. "My dad met him right in front of the house," said Leigh Hunter, 22. "The field is only 100 feet from the road he ran along." Leigh helped his father, Chip, and uncle, Tom, create the enormous image.
HUNTER BROTHERS FARM/TORSTAR NEWS SERVICE

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Rifle jam created opportunity to take down train assailant

PASSENGERS HONOURED

Lone radicals growing terror threat: Experts

From left: British businessman Chris Norman; Anthony Sadler, a senior at California State University; French President Francois Hollande; U.S. Airman Spencer Stone; and U.S. National Guardsman Alek Skarlatos at the Elysee Palace, Monday in Paris. Hollande pinned the Legion d'Honneur (Legion of Honour) medal on Stone, Skarlatos and Sadler, three long-time friends who subdued a gunman on Friday, Aug. 21. Norman also jumped into the fray. MICHEL EULER/THE ASSOCIATED PRESS, POOL

The gunman had an arsenal he claims to have stumbled upon in a park near the train station. Like three other men accused of drawing up failed plans for attacks in France recently, the suspect denied any links to terrorism, telling his lawyer he was homeless and wanted to rob a train only "to eat."

Instead, the assault rifle jammed, and he was tackled and bound with a necktie by three Americans and a Briton who were celebrated Monday with France's highest honour. Now, with many lives potentially saved on the high-speed train by quick-thinking and courageous passengers, the limits of a continent's worth of security were thrown into relief by a lone attacker during a less-sophisticated act of violence.

With thousands of Europeans believed to be radicalized by propaganda from the Islamic State of Iraq and the Levant (ISIL), and legions of security forces guarding the most visible targets, governments are increasingly worried about the possibility of carnage by individuals, with little planning, in a setting where there is minimal or no security.

If the attack fails, terrorist groups simply ignore it. If it succeeds, they claim responsibility for the work done by their "brother."

"This creates a really interesting dilemma for law enforcement. You don't have to be a mastermind or a sophisticated individual to kill a lot of people if you have weapons and they do not," said William Braniff, director of the National Consortium for the Study of Terrorism and Responses to Terrorism. "You don't have to be all that well-trained. There's one threshold: You have to be able to load the weapon."

That, apparently, was something the gunman — identified as Ayoub El-Khazzani, 26, of Morocco — was unable to do, according to Spencer Stone, the U.S. airman who subdued the attacker on a train from Amsterdam to Paris. Stone said he saw the man holding an assault rifle that "looked like it was jammed and it wasn't working."

THE ASSOCIATED PRESS

PHILADELPHIA

Inmates building Pope chair for visit

MICHAEL PEREZ/ THE ASSOCIATED PRESS

Inmates in the Philadelphia prison system are creating a stately chair to give to Pope Francis when he visits next month.

At a prison workshop on Monday, inmates worked to sand and refinish the wooden chair, which stands nearly six feet tall.

Another group of inmates previously hand-carved the piece out of walnut. Soon, it will be sent to nearby Curran-Fromhold Correctional Facility to be upholstered by other inmates.

Francis plans to go there Sept. 27 to meet with about 100 inmates and some of their relatives during a two-day trip to the city.

Francis has made prison ministry a focus of his pontificate. He meets frequently with inmates and on two occasions washed prisoners' feet during pre-Easter rituals.

THE ASSOCIATED PRESS

IN BRIEF

No more known Ebola cases in Sierra Leone

Health authorities in Sierra Leone released the country's last known Ebola patient from a hospital on Monday, a milestone that allows the nation to begin a 42-day countdown to being declared free of the virus that has killed nearly 4,000 people there. Sierra Leone must go 42 days — equal to two incubation periods of 21 days — in order for the World Health Organization to make such a declaration.

THE ASSOCIATED PRESS

SPACE STATION

Whiskey out of this world

Spirits arrived at the International Space Station on Monday. Not the ghostly ones, but the kind you drink — distilled spirits.

The six astronauts won't be sneaking a sip. It's all for science.

A Japanese company known for its whiskey and other alcoholic beverages included five types of distilled spirits in a space station cargo ship. The station's big robotic arm — operated by Japanese astronaut Kimiya Yui — grabbed onto the supply craft launched Wednesday by his homeland. Flight controllers helped anchor it down.

The supply ship contains nearly 10,000 pounds of cargo, including the six liquor samples. Suntory Global Innovation Center in Tokyo wants to see if alcoholic beverages mellow in space as they do on Earth.

Japan also sent up 12 mice aboard the Kounotori vessel, Japanese for white stork, as part of an aging study.

NASA has considerable equipment aboard the supply capsule. Many are replacements for items lost in the failed SpaceX supply run at the end of June. The Florida launch accident destroyed everything on board. The replacements include spacewalking equipment, an emergency breathing kit, toilet wiring and parts for the water recycling system.

U.S. astronaut Scott Kelly — who last week said the delivery was "very important" given the circumstances — welcomed the stork.

"Great job by my crewmates," Kelly said via Twitter.

THE ASSOCIATED PRESS

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ISLAMIC CIRCLE OF NORTH AMERICA - CALGARY CHAPTER

SWITZERLAND POLICE CAR PULLED FROM RHINE The Swiss army helps recover a German police car from the Rhine River in Mumpf, Switzerland, on Monday. The vehicle disappeared into the Rhine in June 2013 when officers forgot to apply the handbrake. A hobby diver discovered the wreck a week ago, around two kilometres from the accident scene.
PASCAL BLOCH/KEYSTONE VIA THE ASSOCIATED PRESS

KIDNAPPING

Pakistan security and intel forces rescue Chinese hostage of Taliban

A Chinese tourist held captive for more than a year by the Taliban in Pakistan has been freed by the country's security forces and intelligence agencies, authorities said.

China's state-run Xinhua News Agency identified the hostage as Hong Xudong, who was abducted in May 2014 near the northwestern Pakistani city of Dera Ismail Khan. Hong, who is from central China's Hubei province, had entered the country from India and had been travelling around Pakistan by bicycle.

Pakistani Interior Minister Chaudhry Nisar Ali Khan announced the rescue of a Chinese hostage late Sunday night, without naming Hong. Xinhua, citing a statement from the Chinese Embassy in Islamabad, said Hong was rescued Saturday and handed over to their diplomats on Sunday, without elaborating.

The kidnapping was claimed by a splinter group of the Pakistani Taliban. The group has killed tens of thousands of people in Pakistan over the last decade. Security forces have been aggressively targeting militants since a Taliban attack on a military school in Peshawar killed 150 people.

Over 300 suspected members of different banned groups have been detained in recent days in central Pakistan, counterterrorism officer Shabana Saif said.
THE ASSOCIATED PRESS

Roommate found dead

LOUISIANA

Suspect in trooper's death accused of second killing

Senior trooper Steven Vincent LOUISIANA STATE POLICE/ THE TIMES PICAYUNE, VIA THE ASSOCIATED PRESS

The roommate of a man arrested in a Louisiana state trooper's death was found dead Monday, and the suspect in the trooper's slaying is also suspected in this case, a sheriff said.

The man was found dead Monday in a home he shared with Kevin Daigle, 54, in Moss Bluff, Calcasieu Parish sheriff Tony Mancuso said Monday at a news conference.

He said a deputy went by the home Monday morning after authorities were notified that the roommate had not arrived at work. The deputy found the roommate dead amid signs of a struggle. The roommate's name was not immediately released.

Senior trooper Steven Vincent, 43, died Monday, a day after an apparently stranded motorist shot him in the head and then stood over him to tell him he was going to die soon, state police said.

Authorities plan to charge Daigle with first-degree murder in the trooper's slaying.

Vincent had been trying to help a man whose pickup truck was stuck sideways in a ditch, Col. Mike Edmonson said during a news conference Monday.

Edmonson also introduced the Good Samaritan who he said wrestled the sawed-off shotgun away from the man accused of shooting the trooper.

"This is a hero," Edmonson said of Robert LeDoux of Iowa, La., a town of about 3,100 where one of Vincent's brothers is police chief. LeDoux was the first of four people who stopped to help.

Another driver who had passed the shooting scene told LeDoux that a trooper had been shot, so LeDoux sped there, jumped out and grabbed Kevin Daigle and "moved him off our trooper," Edmonson said.

LeDoux then used Vincent's radio to let police know an officer was down and ask for help.

LeDoux did not speak at the news conference. Edmonson shook hands with him and then hugged him.

Edmonson said Daigle, 54, of Lake Charles, was under arrest at a hospital.

Sgt. James Anderson, southwest Louisiana spokesman for state police, said Daigle was hospitalized for some scrapes and other injuries he sustained while the other motorists subdued him.
THE ASSOCIATED PRESS

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TECHNOLOGY

LG unveils new G Pad

Following on the heels of the unveiling of its second generation 8-inch G Pad earlier this month, LG announced on Monday that it has come out with a new version of the Android tablet.

The 10.1-inch G Pad II comes with a larger display, a boost in hardware with 2 GB of RAM and a 2.26 GHz Snapdragon 800 processor. The new tablet also offers several software features, such as an e-reader mode to ease the eyes when reading, and a multitask feature.

The company has not announced an official launch date or price for the tablet but will unveil it at the IFA trade show in Berlin next month. It is expected to be available in North America and Europe. AFP

IN BRIEF

TransCanada reaches deal with gas companies on Energy East project

TransCanada Corp. resolved a major challenge to its $12-billion Energy East project after reaching an agreement with three natural gas distributors who say the deal insulates customers from the additional costs of converting the pipeline. Under the agreement announced Monday, customers in Ontario and Quebec won't be on the hook for extra construction and development costs and will save $100 million between 2018 and 2050, the natural gas companies said.
THE CANADIAN PRESS

market minute

DOLLAR
75.40¢ (-0.54¢)

TSX
13,052.74 (-420.93)

OIL
$38.24 US (-$2.21)

GOLD
$1,153.60 US (-$6.00)

NATURAL GAS: $2.65 US (-3¢)
DOW JONES: 15,871.35 (-588.40)

Financial planning critical amid plunge

INVESTMENTS

Experts urge portfolio adjustments as soon as possible

The plunge in the stock markets in recent days may have rattled investors, but a financial adviser says the drop is a reminder of the importance of understanding your risk tolerance and building a strong financial plan.

The S&P/TSX composite index is down more than 15 per cent from its high reached last year, while the Dow Jones industrial average is off more than 10 per cent from its high reached earlier this year.

"If you are telling me today that your risk tolerance is not what you thought it was and you're in the wrong model and you don't want any downside losses, then we have some things to chat about," said Brent Vandermeer, a portfolio manager with HollisWealth.

If the plunge in the markets has rattled your nerves and you've realized that you really can't tolerate the risk like thought you could, Vandermeer recommends making changes to your portfolio now.

"You can't postpone and hope that tomorrow is better," he said. "The trend is usually persistent for a while."

The drop in the market follows a move by China earlier this month to devalue its currency amid concerns about growth in its economy.

The stock market has also been fuelled in recent years by the flood in cheap money made available by central banks, which helped keep interest rates low.
THE CANADIAN PRESS

A New York trader deals with U.S. stocks' plummet in early trading Monday. SETH WENIG/THE ASSOCIATED PRESS

ASHLEY MADISON

Police confirm extortion of site's clients

The hack of the cheating website Ashley Madison has triggered extortion crimes and led to two unconfirmed reports of suicides, Canadian police said Monday.

The company behind Ashley Madison is offering a $500,000 reward for information leading to the arrest of members of a group that hacked the site.

Hackers last week released detailed records on millions of people registered with the website, a month after a break-in at Ashley Madison's parent company, Toronto-based Avid Life Media Inc.

Toronto Police acting staff-Supt. Bryce Evans said the hack is "one of the largest data breaches in the world."

Evans said there are confirmed cases of criminals attempting to extort Ashley Madison clients by threatening to expose them unless payment is received.

He added that the hackers released the entire Ashley Madison client list, which claims to have more than 30 million users worldwide. Evans did not offer details on the unconfirmed suicides.
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Take notice that on the **31st day of August, 2015 at 9:30 a.m., at Calgary Family Court, Courtroom #1205, 601 – 5th Street SW, Calgary, Alberta,** a hearing will take place.

A Director, under the Child, Youth and Family Enhancement Act will make an application for: **Custody and Temporary Guardianship Order;** of your child born on **March 20, 2015.** If you wish to speak to this matter in court, you MUST appear in court on this date. You do have the right to be represented by a lawyer. If you do not attend in person or by a lawyer, an Order may be made in your absence and the Judge may make a different Order than the one being applied for by the Director. You will be bound by any Order the Judge makes.

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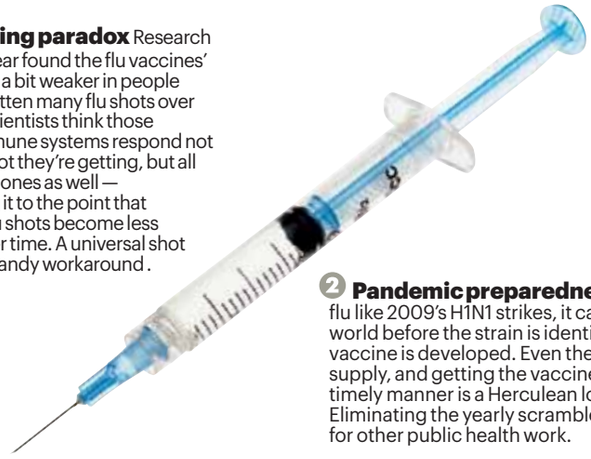
metro VIEWS

Amid the debate about liberalizing alcohol sales for convenience's sake, recovering alcoholics worry easier access to booze will push many off the wagon. TORSTAR NEWS SERVICE

THE BIG THING: A FLU SHOT TO END ALL FLU SHOTS

Nobody likes needles. The flu shot — though safe and effective — may be the most hated of all, not least because it requires a new jab every year. The science of guessing what strain will dominate sick rooms and emergency rooms in any given season is inexact (last year, the Canadian shot was only about 23 per cent effective against the flu that was going around). New research could potentially change that. In two successful studies published this week, an experimental vaccine using a part of the virus that is universal to all types of flu apparently worked pretty well at generating immunity in mice and ferrets. If human trials show the same, it could be great news for the fight against flu. SOURCE: NATURE MEDICINE, SCIENCE



1 A puzzling paradox Research earlier this year found the flu vaccines' protection is a bit weaker in people who have gotten many flu shots over the years. Scientists think those people's immune systems respond not just to the shot they're getting, but all the previous ones as well — overworking it to the point that additional flu shots become less effective over time. A universal shot would be a handy workaround.

2 Pandemic preparedness When a nasty seasonal flu like 2009's H1N1 strikes, it can be halfway around the world before the strain is identified and a targeted vaccine is developed. Even then, demand often outstrips supply, and getting the vaccine where it needs to be in a timely manner is a Herculean logistical challenge. Eliminating the yearly scramble could free up resources for other public health work.

3 One more shot Misinformation about the supposed "dangers" and ineffectiveness of vaccines spreads faster than an airborne virus around the Internet, despite having no basis in fact. Convincing people to make time for a flu shot every year isn't getting any easier. A single jab that protects again all strains of flu — incorporated into the usual vaccinations required for school — would be an epidemiologist's dream.

Indigenous people have mixed feelings on voting

BIRCHBARK BITINGS

Niigaanwewidam James Sinclair

Last month Assembly of First Nations National Chief Perry Bellegarde called on indigenous peoples to "get out and vote" in this fall's election.

If First Nations voters "send the strong message this time around that our votes matter," Bellegarde declared, "it could have a huge impact."

Hundreds of indigenous leaders have followed suit, and this election is expected to see the highest participation of First Nations voters since Prime Minister Diefenbaker gave us the right in 1960. In addition, many indigenous candidates are running for office. Indigenous issues are mentioned regularly during campaign stops.

Long ignored, indigenous peoples are a part of today's national electoral conversation. The challenge is that many First Nations do not vote for legitimate reasons.

Some don't believe parties' promises of funding for currently inequitable education and health systems, inquiries into murdered and missing indigenous women or justice for long-standing land claims. So they don't see a viable option. Many reasons, however, go much deeper.

A big one is that many indigenous peoples maintain the position (via documents like treaties) that First Nations are autonomous nations — and to vote in another nation is like a French voter voting in a Belgium election.

Another is that Canada continues to institute an ongoing cycle of violence (see: the oppressive Indian Act), and for indigenous people to participate in a system that refuses to change is to be complicit in their own abuse.

Yet another reason argues that energy is better spent on building the autonomy, government and sense of community for indigenous nations than on buying into false notions of Canadian "unity."

At the same time, it's hard to argue with Bellegarde. In 51 electoral ridings, indigenous voters are the majority. Their votes could make the difference between a majority and minority government.

It's also hard to argue with critics of voting. After nearly 55 years, Canadian politicians have failed unilaterally to serve indigenous voters, and many socio-economic indicators show that many indigenous peoples are worse off now.

Today, there is no more pressing issue in Canada than reconciliation with indigenous peoples. As evidenced in the struggle over the Harper government's energy agenda, First Nations hold the keys to any economic future involving resources such as oil and water.

Unless Canada finds another way, indigenous peoples have to be meaningfully engaged in federal politics.

To some aboriginal people, this country has seemed like a big, happy party, and they've been on the outside looking in.

Now that they've been invited, some don't want to enter. Others, like those who work in institutions such as universities, often work for both better indigenous governance and better representation at the federal level. I vote, but certainly understand my relations who don't.

For Kanata (Iroquoian for "village") to truly live up to its name, this Oct. 19 must be a step in a direction where both paths can be reconciled.

Niigaanwewidam (Niigaan) James Sinclair is a writer, activist, and Department Head of Native Studies at the University of Manitoba.

metroview

Liberals: Millennials are not in the mushy political middle

Dan Darrah
For Metro

"I want to vote Liberal, but I just can't."

It's a phrase I've heard muttered in university bars, and it's usually shorthand for the futility of Liberal pandering.

For much of our history, the Liberals catered to a broad "public" consisting of groups — middle class workers, socially liberal yuppies, small-business owners — whose support has been gradually siphoned off by the Conservatives and NDP. The party's response was to elect Justin Trudeau as leader, extending an olive branch to young voters.

It's a sensible strategy, and the campaign presented a clear opportunity to make good on it. As a young voter, I can tell you the Grits have our attention. Many of us believe in legalizing and regulating marijuana; the Liberals agreed before it was politically popular. Many of us think raising taxes on the rich will help address income inequality; the Liberals have pledged to raise income taxes on high earners.

Meanwhile, the NDP promises raising taxes is "not on the table." And there's the surfaced footage of NDP Leader Thomas Mulcair lauding former U.K. Prime Minister Margaret Thatcher's policies. As a rule, young voters are not fans of Thatcher-style neo-liberalism and trickle-down economics.

Such could be the basis of Liberal gains at the NDP's expense. But the Grits are blowing it by falling back an old habit: Pandering to too many crowds, many of which are lost causes as voters.

It's not very likely Conservative voters will stray from the Tories because the Liberals supported anti-terrorism legislation the incumbents introduced. Yet Trudeau instructed his caucus to support C-51, a contentious bill Millennials have widely derided as an affront to digital privacy. In so doing, he sent throngs of young voters to the NDP.

The Liberals' C-51 play stands in for many politically insecure stances. Their record under Trudeau suggests the party's ideal voter is someone who wants a government concerned about personal liberty but only occasionally interested in upholding it; moderately concerned about the environment but unsure if the answer is cap-and-trade, a carbon tax or nothing at all; supportive of the middle class but not to the extent of implementing a federal minimum wage or national child care.

The NDP has its base. The Conservatives, theirs. Liberals dominated the 20th century by occupying the mushy middle; not turning anyone off. But the 20th century is over. In the 21st, the Grits' wishy-washy platform is turning off young voters when they're needed most.

Dan Darrah is a public policy student at Ryerson University and an editor at Critical Perspectives (criticalperspectives.org)

Rosemary Westwood will return next week.

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PHILOSOPHER CAT
by Jason Logan

Stephanie Seymour the new face of The Room at the Bay

How safe are your skin spots?

AGING

How doctors assess skin patches and pigmentation

Middle age often carries with it a number of advantages, one of which is a clearer complexion. But as acne becomes a distant memory for most people, other issues arise to plague aging skin.

Sun spots, age spots, liver spots, granny warts — whatever you call them, brown pigmented spots are common eruptions as we age.

Dermatologists don't use these terms, knowing that what one person calls a liver spot another will call an age spot. But assessing and excising these pigmented spots is a daily event for skin doctors.

"Pigmented lesions and brown spots are a huge part of dermatology," says Dr. Lisa Kellett, a Toronto dermatologist who works at the clinic DLK on Avenue.

"Sometimes they just want reassurance," Kellett says of the patients she sees with these skin spots.

"And other times they say, 'You know, I really hate the look of this. Can you get rid of it for me?"'

There are two main types of these pigmented brown spots, solar lentigines and seborrheic keratoses. The good news is that both are benign; they are not early manifestations of skin cancer.

But people should not self-diagnose what they are seeing, Kellett says. She tells her patients she wants to see them if they develop new spots or moles, or if existing ones change.

Protection
Most people use much less sunscreen than they need

Dr. Benjamin Barankin agrees.

Medical director of the Toronto Dermatology Centre, Barankin says these types of pigmented brown spots are not directly linked to a higher risk of skin cancer. But these spots pop out when people are older — which is also the time when the risk of developing cancerous melanomas increases.

As well, people who have these spots may become complacent — taking reassurance from the fact they were once told those brown patches aren't skin cancer — and miss a melanoma hiding among an array of pigmented spots on their backs, Barankin says.

So what are solar lentigines and seborrheic keratoses?

Let's start with lentigines. You may never have heard the term, but if you can picture the hands of an elderly white adult, you probably know what they are.

As freckles can dust the nose and the cheeks of some fair-skinned folks, brown spots can mottle the skin on the back of some aging hands.

Lentigines or lentigos are like freckles, says Barankin. But where a true freckle will fade in the winter when sun exposure is limited, these spots do not go away on their own.

Lentigos are the result of sun exposure. If you are fair skinned and you don't want them dotting the backs of your hands, limiting sun exposure or protecting your skin with a sunscreen with a sun protection factor, or SPF, of at least 30 is advised.

Slather it on, says Barankin, who notes most people apply about one-third to one-half of the recommended amount of sunscreen.

Some commercial bleaching creams will help fade these spots, but may not get rid of them entirely if they are dark and have been on the skin for a while.

Dermatologists can zap these spots off using either a laser or liquid nitrogen. The procedure is not covered by health care. And if your skin is prone to developing lentigines, unless you protect it from the sun you will likely develop more.

The other type of pigmented brown spot is a seborrheic keratosis — or keratoses, if you have more than one. People who develop these crusty, dark brown spots often do.

Barankin sees patients with dozens of these spots, which are generally found on the torso. They are not caused by sun exposure.

"You cannot prevent them," he says. "It's your genetics and getting older."

Dermatologists can also zap off seborrheic keratoses, using the same techniques as they do for lentigines.

"For the flat ones, it has a success rate of between 85 and 90 per cent with one treatment," Kellett says of laser therapy. "It depends on how thick it is. The thicker they are, the more difficult they are. But it's a very good treatment."

Really thick keratoses that have been around for a while may need to be cut out, she notes.

And both she and Barankin say if you don't like these spots, it's easier to get rid of them when they are new.

"Whether it's the keratosis or the lentigo, they will come off easier the earlier you get at them," Barankin says.

THE CANADIAN PRESS

PRODUCTS

Keep your summer holiday glow, from head to toe

Summer is winding down, but that doesn't mean you have to submit to the winter blues without putting up a fight. If you want to carry your sun-kissed glow into the autumn then here are some tips.

Skin

The key words here are exfoliation and moisturizing. Get rid of rough patches with a store-bought scrub or whip up your own DIY one using ingredients such as sugar, sea salt and natural oils. Regular and intense hydration is the secret to keeping your tan locked down, so consider investing in a rich moisturizer like the new Body Shop Mega Olive Body Butter, made with Fair Trade organic olive oil.

If you want to cheat a little (hey, there's no harm) then add a little fake tan into the mix to maintain that vacation vibe.

Nails

Keep your nails summery with fresh nail polish such as the plum shade from Essie's Flowerista series for Spring/Summer 2015, inspired by colourful blooms and ranging from rich nudes to a strong fuchsia vibe.

Hair

If you find yourself with blonder strands than usual at the end of the summer then using highlight enhancing products might help keep them around. Or, head to the salon for a few professional highlights to keep things summery. Bronde is the hottest hair colour of the moment, and can be recreated at home. When it comes to styling, keep those beachy waves in the picture with the help of a sea spray such as Sachujuan's Ocean Mist Texturizing Spray, which promises the texture and smell of a hard day's surfing. AFP

Swim and run to the finish

COMPETITION

Swedish competition is among hardest races in world

Swim a little, run a little — make that a lot — as you navigate fresh trails, choppy water and extreme temperature transitions with a magnificent landscape as the backdrop. That's what to expect from a Swimrun — a Scandinavian trend spreading far and wide.

There's no such thing as an indoor Swimrun: Natural — basically anywhere that's off the beaten path.

Swimrunners race in teams of two, and because the courses are so hardcore, a minimum age of 18 is required for most competitions.

From start to finish, teams bring their equipment, which includes wetsuits to keep them insulated; northern waters are frequently just 10 degrees Celsius, even on the hottest days.

Water and food checkpoints are positioned throughout the course, along with medical staff to survey the athletes in case of an emergency.

The simple blend of trail running and open water swimming started in Sweden, where extreme sports enthusiasts and a rocky, ragged archipelago gave way to ÖTILLÖ, the original Swimrun race that later became the Swimrun World Championship.

At ÖTILLÖ, teams skim a tance of 75 kilometres, 10 of which are crossed by sea.

They make a total of 52 transitions, hopping in and out of the water and sprinting across the islands.

Swims range in length between 100 and 1,780 metres and runs are between 70 and 19,700 metres, according to event organizers.

The dawn-to-dusk race was conceived in 2002 by Anders Malm of Utö, Sweden, and his colleagues when they challenged each other to a casual version of the race. The last team to hit a predetermined restaurant had to pay for what the teams that arrived before them had ordered.

Known as the founders of Swimrun, Michael Lemmel and Mats Skott commercialized the sport in 2006 and the trend started its journey across Scandinavia.

As word of the trend spread, spinoff races started cropping up along ragged coastlines including the Norwegian fjords, drawing an increasingly international crowd each time.

The Swimrun World Championship will celebrate its 10th anniversary Sept. 7, when 120 qualifying teams — the best of the waiting list of 550 — will sweat and shiver it out for what is becoming renowned as one of the toughest races in the world.

The final list of participants represents more than 23 nationalities and an Alpine version of the sport is hitting the mountains. AFP

A swimming race in Swimrun in May. FREDRIK ERIXON/HANDOUT

Trail running in Swimrun in May. FREDRIK ERIXON/HANDOUT

IN SWITZERLAND

Canada for the win

Last year, in a competition in the Engadin valley in the Swiss Alps, Swede Björn Englund and Canadian Paul Krochak won the race that was a mix of trail running and swimming for a total of 52 kilometres in mountain terrain.

They crossed the finish line in 06:28:10, beating the second-place win by half an hour. METRO

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EXERCISE

Five outdoor activities to tone your body by autumn

Fitness coach Thétis Guimbioko has five easy exercises you can do using what's around you.

On the ground

Squats strengthen your thighs and buttocks.

Start in a standing position, with shoulders broad and back straight, feet at waist width and toes aiming slightly towards the outside. With your body weight on your heels, bend your knees and lower your body, making sure your knees do not pass your toes, until your legs form a 90-degree angle.

Do five sets of 10 reps with a 30-second rest in between.

On a chair

This exercise is normally done standing up, but starting in a seated position is an alternative for beginners.

While sitting in a chair, the goal is to work the oblique abdominal muscles. Place your hands behind your head and keep your knees at a 90-degree angle. Rotate your upper body to the left and then return to the middle before rotating to the right.

Continue these rotations for three to five minutes. Inhale on one side and exhale on the other. This is an ideal exercise to slim the waist.

On a bench

The starting position for this exercise will have your hands holding the bench behind you and supporting your body, straight and extended, at a 45-degree angle to the ground.

This is a mix of a reverse pushup and a dip. Lower your body until you touch the bench and then push yourself back up. There's no better way to strengthen the muscles on the back of your arm. Do five sets of 20 reps with a 30-second break in between.

Against a fence

If pushups are too difficult for you, this exercise using a fence is a great alternative.

Lean into the fence at a 45-degree angle, in basic pushup position. Make sure your hands are holding the fence at shoulder height and then lower yourself until your chest touches it. Exhale on the way down and then inhale as you push yourself back up. Take care to keep your body straight throughout.

Do five sets of 20 reps with a 30-second rest in between. Perfect for working the shoulders and arms.

In a stairwell

Climbing stairs is one of the best cardio exercises you can do. Quick bursts up a set of stairs will burn calories and tone your buttocks, thighs and calves.

Find a staircase that's not too long and, keeping your body as upright as possible, race up and then turn around and come back down.

Do five sets of five with a break in between sets that lasts as long as the activity itself. AFP

BREAKUP

One Direction going different directions

We're still reeling from Zayn Malik's decision to walk away from One Direction, and now this: The hugely popular boy band is reportedly splitting up, and the remaining four skinny jeans-wearing boys are going their separate ways.

But they'll be back, an inside source tells The Sun, just after a few solo projects starting around March. No bad blood. Really.

Stop me if you think you've heard this one before.

"The guys have been together for five years, which is an incredible run for any boy band," a source says. "It is definitely not a split and they fully intend to get back together at some time in the future ... but for now it is the end." Well, not exactly, as their current tour runs through the end of October, and they have an album coming out in February. But after that? Totally over. For about a year.

JOHN A. OSWALD/METRO

One Direction is taking a final bow... for now. GETTY IMAGES

GOSSIP IN BRIEF

Underaged O'Donnell sent nudes, say prosecutors

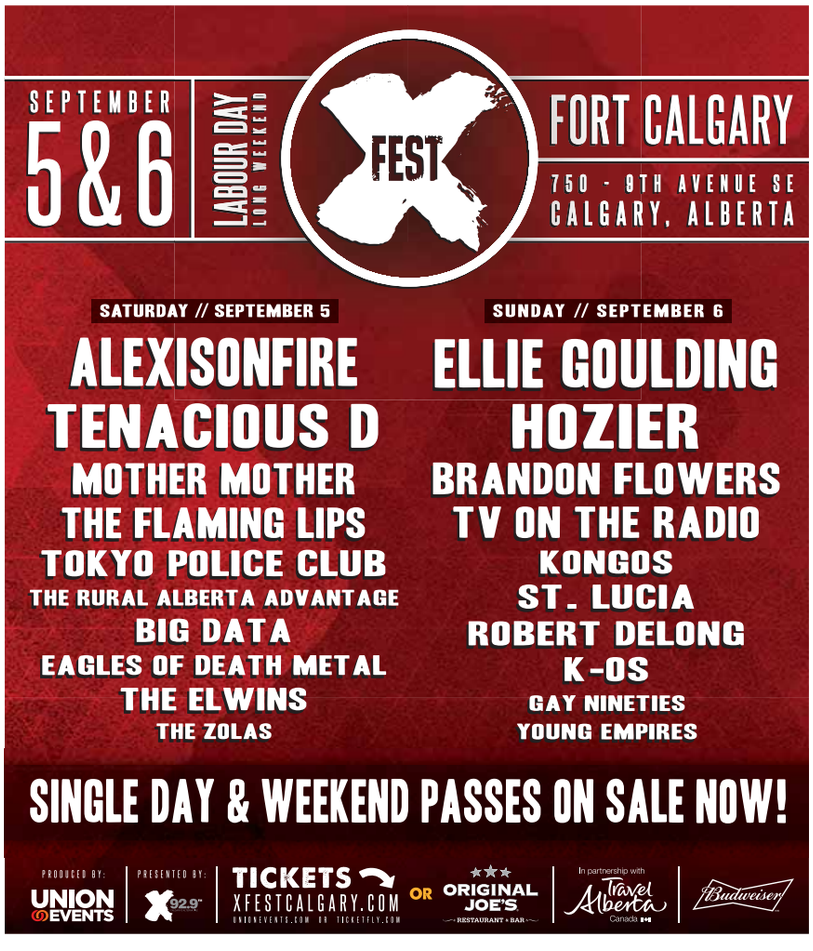
The owner of a home where Rosie O'Donnell's teenage daughter was found last week sent the girl a nude photo, prosecutors said Monday.

Steven Sheerer, 25, is accused of having inappropriate online communications with 17-year-old Chelsea O'Donnell. He faces charges of child endangerment and distribution of obscenity to a minor. Ocean County prosecutors say a conviction could bring up to 10 years in prison.

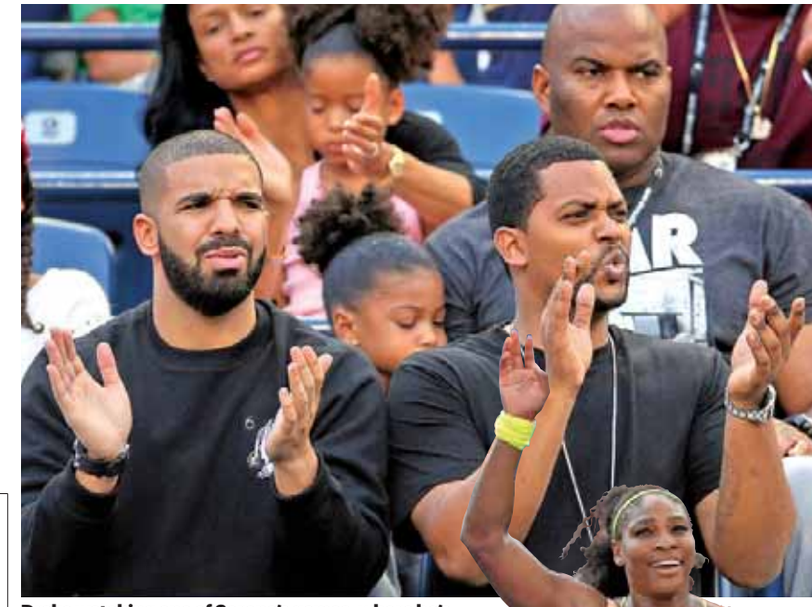
Sheerer was arrested Friday night at his home. Chelsea O'Donnell was found at the home Aug. 18.

Sheerer's arrest came several hours after authorities obtained the girl's cellphone with her mother's consent, prosecutors said. They found "inappropriate communications" over the last several weeks between Sheerer and Chelsea, prosecutors said.

THE ASSOCIATED PRESS



Drake and Serena — one great match



Drake watching one of Serena's games, where he's becoming a fixture. ALL PHOTOS GETTY IMAGES

SPOTTED

Cellphone photos show Drake and Serena kissing

IN HOLLYWOOD

Ned Ehrbar

Thanks to some super-grainy cellphone pictures posted to TMZ, we have pretty solid confirmation that there's truth to the rumours about Drake and Serena Williams being an item that have been floating around all summer.

The pair dined at a swanky city restaurant — apparently Cincinnati has fancy restaurants, who knew? — and were spotted looking extra cosy and lip-locked.

Earlier that same day, Williams won the local WTA tournament, with Drake doing his new regular thing: watching her play from the stands.

Hey, it beats fending off Meek Mill jabs, right?

SCIENTOLOGY

Cruise let off the hook by media

Journalists, you're letting Paul Haggis down. The Crash director is disappointed that Tom Cruise made it through his entire Mission: Impossible — Rogue Nation press tour without having to address the Scientology issues raised by the recent Going Clear documentary.

"We forgive anybody anything if they're a movie star, I guess," Haggis tells the Daily Beast. "That's not his fault. His PR people are very smart."

Haggis sees one main culprit in all of this: entertainment journalists.

"I don't know how journalists can continue to call themselves journalists if they aren't brave enough to ask a question," he says.

"There are things called journalistic integrity, and there are things more important than promoting a movie sometimes. It was so glaringly obvious. There was this huge elephant there, and every journalist agreed not to address it. Why? You're just a PR person at that point. Shame on you."

Way harsh, Paul.

NED EHRBAR/METRO

CONTINUING EDUCATION

SAIT launches 2 new oil and gas programs

In a resource-based economic environment, it makes sense to invest in yourself during economic downturns.

Once job ads for pipeline technicians or regulatory analysts start to pop up, it's too late to consider continuing education, but those that position themselves for the future by acquiring new skills during the downturn will reap the rewards once the oil prices pick up.

So now is the time to start considering one of the many oil and gas continuing education opportunities offered at SAIT Polytechnic.

"At SAIT we provide high-quality, applied education that produces graduates who can build meaningful careers and opportunities," says Sarah Imran, associate dean, energy learning and professional development, MacPhail School of Energy.

INFO NIGHT AUG. 27

SAIT offers 85 part-time certificates and more than 1,000 courses for people that want to master new technologies, change professions or make a leap into management. Continuing Education Info Night is being held on Aug. 27 from 3:30 p.m. until 6:30 p.m. at the Irene Lewis Atrium. It allows potential students an opportunity to learn more about SAIT part-time and online certificates, diplomas, and degrees.

"Our focus on experience-oriented training and our responsiveness to industry makes SAIT an obvious choice for continuing education courses."

CONTRIBUTED

The MacPhail School of Energy is launching two new programs this fall: Pipeline technician certificate of achievement and oil and gas regulations certificate of achievement.

The pipeline technician certificate of achievement prepares graduates to operate pipelines safely and efficiently in compliance with industry standards and regulations.

The oil and gas regulations certificate of achievement is designed to offer training on the regulatory processes and requirements to approve and license oil and gas activities.

"There are currently no programs or certification dedicated to the oil and gas regulations, and with recent regulatory changes, our grads will have a credential that can help them with a career change or transition," says Imran.

The MacPhail School of Energy offers full-time day programs, continuing and online education, professional development seminars, and corporate training solutions.

For more information, visit sait.ca.

Pursue the Career You Want.

Continue your journey to success with Robertson College.

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Upgrade your education and get the career you want! We have programs available at the campus or online.

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Health Care Aide
Health Care Aide Challenge
Health Unit Clerk
Medical Office Assistant
Pharmacy Assistant
Pharmacy Technician

Business
Accounting & Payroll Administrator
Accounting Assistant
Administrative Professional
Administrative Professional / Bookkeeper
Business Administration
Legal Assistant
Logistics & Supply Chain Management
Oil & Gas Administrator
Travel Counsellor
Veterinary Office and Technical Assistant

IT
Computer Support Technician
Network Security Technician

Visit our website to see our full program listing

Bow Valley College course specializes in justice

SHUTTERSTOCK

For those individuals curious to how crime and punishment affects their own community, Bow Valley College Continuing Education offers programs and courses that appeal to this curiosity.

While crimes don't usually play out like they do on screen, the community justice certificate will give individuals a glimpse into how they unfold in the real world.

"While these courses do not specifically prepare anyone for a career in justice, they can enrich the knowledge of community workers, leaders, and volunteers, teachers, doctors, nurses — anyone who works on the front line with communities at risk, enhancing their career and job performance," says Elaine Allenger, continuing education officer, school of health, justice and human services, Bow Valley College.

This program is designed for anyone with an interest in community justice.

Taught by justice and law enforcement professionals, this series of four courses provides an overview of criminal justice in a community setting from the science and technology of current crime solving methods to the people affected by crime and the legal consequences in Canada.

Students will learn about forensic science, common illegal drugs, youth at risk, sentencing and punishment.

"Perhaps after taking some of these general interest continuing education courses, a person might be interested in taking the justice studies diploma at Bow Valley," says Allenger.

"This two-year diploma is a qualification for many secure and well-paid jobs in the justice system." Visit coned.bowvalleycollege.ca.

How to get the most out of your academic year

Going back to college or university can be one of the most daunting experiences in a person's life. So with a new academic year upon us, we've collected some top tips for students:

SET GOALS FOR THE YEAR. The first month of school will be a blur — so before September hits, write down your goals to help focus your efforts. "Take some time to reflect about what it is (you) want to accomplish," says Cheryl Shook, assistant principal at Woodsworth College, University of Toronto. "For instance, 'I want to do well academically,' or 'I want to meet new and interesting people.'"

REMEMBER, YOU'RE NOT ALONE. "All students that go to university go through it together," says Joel Aspden, a campus ambassador at the University of Alberta in Edmonton. "You're not expected to know everything before you arrive."

ATTEND ORIENTATION EVENTS. This is one of the best ways to overcome that initial feeling of being lost, says Aspden. "It's also a great opportunity to, before you hit the books and have to start worrying about that, to get a personal feel and talk one-on-one with current students about that transition (from secondary to post-secondary)."

SHUTTERSTOCK

ASK QUESTIONS. Students nowadays sometimes find it tough to seek assistance, says Shook. But students need to be proactive, not passive.

— *Daniel Squizzato*

UNIVERSITY OF CALGARY
CONTINUING EDUCATION
"I've been impressed with the teaching, the administration, and the student advisors ... I would definitely recommend the program to others."
Spanish Language and Culture Certificate – Level 1.
Chris Guss, Graduate.
Start learning another language this fall.
Courses start in September in an array of languages with certificate programs available in French and Spanish. If you are new to a language, start in Level 1. If you have some experience in a language, call to discuss starting your program at a higher level. Be sure to register early.
American Sign Language
Arabic
Dutch
French
German
Greek
Italian
Japanese
Korean
Mandarin
Polish
Portuguese (Brazilian)
Russian
Spanish
403.220.2952 • conted.ucalgary.ca/languages • good thinking

SHUTTERSTOCK

ABM COLLEGE TRAINS FOR HEALTH-CARE AIDE CAREER

Health-care aides are front-line workers in continuing and acute care.

Through the health-care aide program at ABM College, individuals will learn how to provide exceptional care to their clients by being taught by caring and patient instructors.

"People should choose ABM College because it is our mission to ensure the success of our students, we are government accredited," says Kelli Lee, health-care aide instructor at ABM College.

The HCA program at ABM College is designed to teach students many components of health care, in a variety of health-care settings, including hospitals, continuing care facilities, and within the clients home.

Courses are offered with the student in mind: Small class size, flexible class times, high employment rate, and professional, knowledgeable, caring, and dedicated instructors.

"As an HCA instructor, my students are more than a group of individuals I teach a curriculum to — they become a family," says Lee.

"A family in which they learn within a five-month period (fifteen weeks in the classroom and five weeks practicum) how to be the best health-care aides in the field."

Lee says HCAs comprise more than 70 per cent of the direct service providers in the continuing care sector and are an important part of the health-care team in acute care as well.

"It is estimated that by 2016, there will be a colossal shortage of HCAs," says Lee.

"Many students are offered work before they finish the program."

For more information about this program or ABM College, visit abmcollege.com.

STAR METRO Content Solutions

MOUNT ROYAL UNIVERSITY 1910

CONTINUING EDUCATION

Build YOUR CAREER with MRU

Photo by Sandra Murphy

"I found the classes to be a good size and appreciated the networking opportunities."
Larissa,
Business Analysis and Organizational Change Management

$10K

Up to $10K of funding through Canada-Alberta Job Grant

mtroyal.ca/conted 403.440.6875

Supply chain management program taught at MRU

CONTRIBUTED

The supply chain management program offered through Continuing Education at Mount Royal University has been revised for the fall and is designed to teach students the fundamental principles of supply chain, including the basics of procurement, transportation, negotiation and total cost of ownership.

These principles can be transferred to all industries, whether it be within a public organization, manufacturing or oil and gas.

"There is an increasing need for supply chain professionals in all industries, and this program provides students with the knowledge and skills to meet those needs," says Sherri Peleskey, MRU instructor, as well as SCMP, CPSM, manager, corporate supply chain, Keyera Corp.

"This program is designed for individuals who are looking to expand their current knowledge of supply chain as well as those seeking an entirely new career direction."

The program is flexible in its delivery times to allow students to continue working during the day while learning new skills in the evening and weekends.

The new fast-track option allows students who have more available time to study, to complete the entire program between Oct. 18 to Dec. 12.

Students can receive transfer credits into the advanced supply chain management extension certificate and may be eligible for transfer credit toward a degree/diploma program.

For more information, visit the website: conted.mtroyal.ca/supplychain.

Turning a passion into a career

CONTRIBUTED

Paul Gray has always been interested in fitness, but finally decided to make a go of it as a career after the age of 50.

He decided to transition away from his career as an accountant in the oil and gas sector for more than 25 years, after his father passed away and left him an inheritance that allowed him to pursue a career that was more rewarding.

"I basically spent my entire career doing something I never really enjoyed," says Gray.

Because he had been attending Mount Royal University for a number of years for a variety of different personal and professional development courses, the personal fitness trainer program at MRU was the natural fit for him.

"Even if I was to retire right now I am very thankful for the knowledge gained in this program," says Gray.

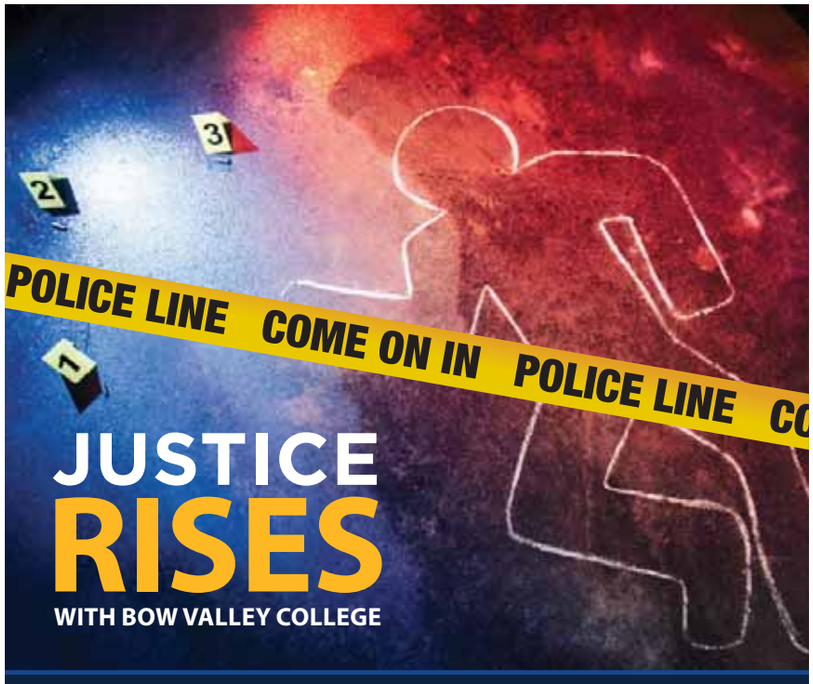
Although Gray has now graduated his program — exactly 30 years to the date after his first graduation from university — his journey did not come without struggles.

A week before starting the program, he discovered a lump in his leg, which was diagnosed as cancer two days before his first final in the program.

But this diagnosis did not stop Gray from completing his program (despite delaying his completion date due to treatments), and he is also now cancer-free.

Now Gray is ready to turn his knowledge of anatomy and physiology along with the most current knowledge about health and fitness into a satisfying new career in personal fitness — targeting aging baby boomers and the elderly.

For information, visit conted.mtroyal.ca/pft.



GET BEHIND THE SCENES IN THE WORLD OF CRIME

There is nothing more fascinating than crime. Now, you can explore the deeper recesses of crime and justice in a series of courses offered in our Community Justice program, starting with CSI: Real Life. Whether you are already in the justice system, or just crave a deeper understanding about crime, this is for you.

Visit **bowvalleycollege.ca/communityjustice**
or call **(403) 355-4642**

BOW VALLEY COLLEGE

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Make school, life balance a reality

Tailoring your education around your schedule is the dream for any student. At Academy of Learning Career College, this dream is a reality.

"Academy of Learning's effectiveness centres around our belief that everyone has individual talents and potential and career college students must be able to juggle their college life with the rest of the life," says Charles Jarvis, general manager, Academy of Learning.

"With our advantages of flexible schedules, self-paced learning, hands-on approach, ample encouragement and support with one-on-one assistance available to all, this is possible."

Academy of Learning has offered effective and necessary skills training to tens of thousands of Albertan's for more than a quarter century and has grown to be the largest network of career colleges in Canada.

With programs starting all the time, there is no need to wait to start of a new semester to wait to begin.

On Aug. 27, all Academy of Learning locations will be holding an open house that so the public can come into the campus most convenient to them to see why Academy of Learning's alternative to career college education is the right choice for them whether they're seeking new careers in health care, business, hospitality, legal or technology.

The event will be held at all 50 plus campuses across the country and will run from 3 p.m. until 7 p.m. For more information about Academy of Learning and the programs available, visit academyoflearning.ab.ca.

Kaitrin McDonnell CONTRIBUTED

SHUTTERSTOCK

SHUTTERSTOCK

Fit school into your schedule

UCalgary's online certificate programs let you learn from anywhere, anytime

Working shift work, raising a family, living outside the city — for some people, these can be obstacles that get in the way of furthering their education.

But online learning at UCalgary makes education attainable for everyone, whatever their circumstances.

MIXING SCHOOL WITH SHIFT WORK

When Pete Barker realized that for the first time in a long time he had spare time on his hands, he turned to Continuing Education.

"My kids are grown, my wife works in the day, and I work shifts, so I had time on my hands and wanted to fill it with something beneficial," says Barker, a sergeant with the Calgary Police Service, and a graduate of both the professional management and security management programs.

"I work shift work, so I like the online format. I can work on my classes in the day, and can walk my dog or take breaks whenever I want."

MIXING SCHOOL WITH SMALL-TOWN LIFE

Kaitrin McDonnell loves raising her young son in a small town outside of Calgary, and enjoys working full-time as a high school counsellor.

But she needed a career boost.

"Having a degree helped me get my foot in the door and get hired for my position, but I need specific certifications to get ahead," she says.

"So I enrolled in the career and academic advising certificate, and very quickly, I saw it making a difference."

TRYING SOMETHING NEW

Julie Smith-Allen always had a love for writing, so when she discovered an online creative writing certificate, she was intrigued and eager to see if she could fit it around her full-time job and busy family life.

"I started taking courses and absolutely loved it. I was getting in-depth instruction from fantastic instructors," say Smith-Allen.

"The creative writing certificate has added another layer to my life and has given me a whole other world to explore from the comfort of my living room."

Registration is now open for programs and courses beginning this fall.

To learn more about the many certificate programs offered online through UCalgary Continuing Education, go to conted.ucalgary.ca/elearn.

Online courses can take less than 1 year

Robertson programs lead to new careers quickly

CONTRIBUTED

Robertson College updated its online offerings last year to meet the demand in the Canadian market for online programs that are paced for the busy lifestyles of today.

Much like its classroom courses, Robertson College offers many online programs that will have you in a new career in less than a year, including health care, business, and IT.

"These programs have been designed to be completed in under a year so people can upgrade their skills and be working in a new career or a better position at their current employer without having to commit two to four years to do so," says Geoff Nevin, director, marketing for Robertson College.

If going back to school is something you have long considered, but haven't been able to decide on what type of training will get you closer to those career goals, Robertson provides career counsellors to help people evaluate what skills they may already have and what training they may need to enter the workforce or profession of their choice.

Robertson College will also help guide them to a career in an industry where employers are actively hiring so they can begin working immediately upon graduation, as well as provide training through career services to help prepare students for their job search and new careers.

"Many people are intimidated by the prospect of change or starting something new, and Robertson works with each individual to make sure we cater to their individual needs to help them be successful in school and in a new career," Nevin says.

At Robertson College, both online and classroom programs start every month, so there is no need to wait for the next traditional semester to start working towards your education goals.

"Monthly intakes provide students flexibility to start programs when they are ready," Nevin says. "Typically, people have looked at starting school in September or January, but at Robertson College you can start a new program in any month, depending on the specific program of interest."

For more information about the online programs and funding options available for these programs, visit robertsoncollege.com.

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EDUCATION THAT GETS YOU HIRED!

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NATIONAL OPEN HOUSE

THURSDAY AUGUST 27

3 TO 7 PM

Discover what makes Academy of Learning Career College different. Canada's largest network of Career Colleges is having a nationwide Open House on August 27th, from 3:00 to 7:00.

Learn about your new career in Healthcare, Technology, Legal, Business, Hospitality, Accounting, Community Service and more.

Its not too late to start college this fall.

Academy OF LEARNING CAREER COLLEGE

www.academyoflearning.ab.ca

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CONTRIBUTED

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New Centre for the Performing Arts will enrich MRU

The new Taylor Centre for the Performing Arts will be unlike anywhere else in Calgary.

"The Taylor Centre for the Performing Arts is offering Mount Royal University and the Calgary community a wonderful state-of-the art venue for learning and performance," says Elaine Danelesko, acting director, Mount Royal University Conservatory.

The Taylor Centre for the Performing Arts is the new home to the Mount Royal Conservatory with the grand opening scheduled for Aug. 26.

To celebrate this new music centre, there will be a number of great upcoming events, including the Bella Concert Hall Opening Festival.

The concert series will consist of four incredible events taking place on various dates from Sept. 19 to Oct. 3.

This inaugural festival sponsored by United Active Living Communities is a celebration of the Taylor Centre for the Performing Arts.

"The concert series is developed to showcase the majestic Bella Concert Hall 'coming alive' with a variety of musical performance genres," says Danelesko.

These events will feature some big names in classical music, including Yuja Wang — internationally acclaimed as the most important pianist of her generation and graduate of Mount Royal Conservatory's Academy for Gifted Youth.

The MRU Conservatory has been serving the Calgary community for more than 100 years and is renowned for its high quality and breadth of programming.

"The Conservatory nurtures and optimizes artistic potential within each student," says Danelesko.

"We empower individuals to creatively express themselves through music and speech arts by offering instruction to every person, every age, and every level of development."

Danelesko says the new facility provides unique, specially designed spaces and enhanced opportunities for music and speech arts education.

For more information about the Bella Concert Hall Opening Festival, visit mtroyal.ca/bella2015.

UPCOMING PERFORMANCES

- Sept. 19, 8 p.m. Bella Voce Opera Gala featuring the Calgary Philharmonic Orchestra and Chorus
- Sept. 27, 3 p.m. Luminous Night, a 250-voice choral extravaganza with Mount Royal's Artio and Kanorei choirs
- Sept. 30, 7:30 p.m. Yuja Wang, graduate of Mount Royal Conservatory's Academy for Gifted Youth
- Oct. 3, 8 p.m. Yuja Wang returns with other internationally renowned artists

SEE HOW
ONE COURSE
CAN WIN YOU
A NEW FUTURE
CONTINUING EDUCATION INFORMATION NIGHT
Thursday, August 27th, 3:30 - 6:30 pm, Stan Grad Centre, SAIT Polytechnic
JOIN US & ENTER TO WIN A CONTINUING EDUCATION COURSE (up to $500 value)
SAIT POLYTECHNIC
Find out more at sait.ca

metro SPORTS
Your essential daily news

Two-time NBA MVP Steve Nash will be inducted into the Phoenix Suns' Ring of Honor Oct. 30

5 THE 1992-93 WORLD SERIES CHAMPS: WHERE ARE THEY NOW?

The Toronto Blue Jays are first in the American League East and look like they're a serious post-season contender for the first time since they won the 1993 Fall Classic. Here's a look at five members of the 1992 and 1993 World Series champion Blue Jays and where they are now.

1 Kelly Gruber

The blond-haired third baseman is best known for his role in a non-call in Game 3 of the 1992 World Series. He made a diving tag on Braves baserunner Deion Sanders' foot to record the final out of a triple play. The second-base umpire ruled Sanders safe. Gruber tore his rotator cuff on the play but he still hit a key game-tying home run in the eighth inning, and the Jays would go on to win the game and the Series.

Today, Gruber holds baseball seminars and does public appearances as a motivational speaker for charitable organizations.

2 Pat Hentgen

The right-handed pitcher came out of the bullpen throughout the 1992 season with a total of 50-1/3 innings pitched. Hentgen's impact was really felt in 1993 when he led Toronto with a 19-9 record in the regular season with 122 strikeouts and 3.87 earned-run average.

He won Game 3 of the 1993 World Series against the Philadelphia Phillies, giving up one earned run over six innings of work in a 10-3 victory.

Hentgen continued to improve on the mound, winning the American League's Cy Young in 1996.

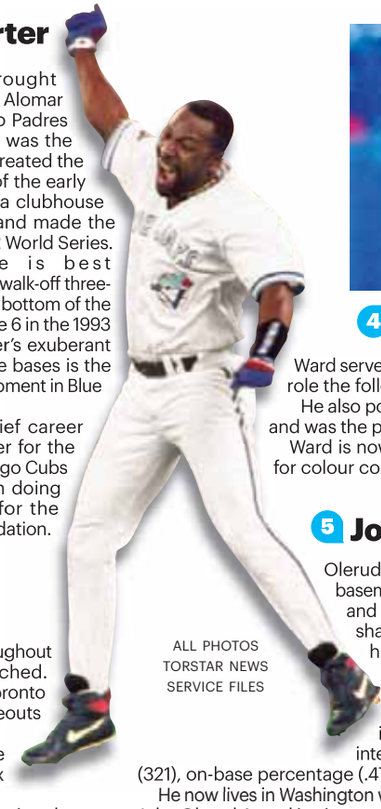
Today, Hentgen is still involved with the Blue Jays, working in the team's front office as Special Assistant to the Organization.

3 Joe Carter

The trade that brought Carter and Roberto Alomar from the San Diego Padres to Toronto in 1990 was the crucial move that created the Blue Jays dynasty of the early 1990s. Carter was a clubhouse leader in Toronto and made the final out of the 1992 World Series.

However, he is best remembered for his walk-off three-run home run in the bottom of the ninth inning of Game 6 in the 1993 World Series. Carter's exuberant jumping around the bases is the most memorable moment in Blue Jays history.

Carter had a brief career as a TV broadcaster for the Blue Jays and Chicago Cubs before focusing on doing charitable works for the Children's Aid Foundation.



ALL PHOTOS TORSTAR NEWS SERVICE FILES

4 Duane Ward

Ward served as a reliable setup man in 1992, but took over the coveted closer's role the following season and earned 45 saves.

He also posted saves in Game 1 and Game 4 against the Philadelphia Phillies and was the pitcher of record when Joe Carter hit his walk-off homer in Game 6.

Ward is now regularly featured on local Blue Jays radio broadcasts, filling in for colour commentator Joe Siddall.

5 John Olerud

Olerud became Toronto's full-time first baseman at the start of the 1992 season and immediately made an impact. His sharp defensive play coupled with his strong hitting made him an important piece of both World Series teams.

He led the American League in batting average (.363), intentional walks (33), times on base (321), on-base percentage (.473) and doubles (54) in 1993.

He now lives in Washington with his wife and kids. The NCAA's John Olerud Award is given to the best two-way player after his All-American play for Washington State University as a pitcher and first baseman. He was inducted into the National College Baseball Hall of Fame in 2007. THE CANADIAN PRESS

INDYCAR

Pocono crash claims Wilson's life

IndyCar driver Justin Wilson has died from a head injury suffered when a piece of debris struck him at Pocono Raceway. He was 37.

IndyCar made the announcement on Monday night at Indianapolis Motor Speedway.

Wilson is a British driver who lived outside Denver in Longmont, Colo. He was hit in the head during Sunday's race by piece of debris that had broken off another car. Wilson's car veered into an interior wall at the track, and he was swiftly taken by helicopter to an Allentown, Penn., hospital.

Justin Wilson in June 2013
GETTY IMAGES

The last IndyCar driver to die because of an on-track incident was Indianapolis 500 champion Dan Wheldon, who was killed in the 2011 season finale at Las Vegas after his head hit a post when his car went airborne. THE ASSOCIATED PRESS

IN BRIEF

Canada improves to 2-0 at FIBA Americas warm up

Anthony Bennett poured in 16 points to lead the Canadian men's basketball team to an 80-64 win over Brazil at the Tuto Marchand Continental Cup on Monday in San Juan, Puerto Rico.

Dwight Powell scored 14 points and added seven rebounds off the bench for Canada, which is undefeated through two games at the tournament. Andrew Wiggins had nine points. THE CANADIAN PRESS

Team Russia fined for walking out on O Canada

The Russian Hockey Federation was fined $85,000 Monday over the national team snubbing Canada's victory celebrations after the world championship final.

The sport's governing body, IIHF, said Russian players deliberately left the ice before the Canadian anthem was played on a signal from captain Ilya Kovalchuk, contrary to claims mad by the Russian federation. THE ASSOCIATED PRESS

TRACK AND FIELD

Barber catapults to gold at worlds

Shawn Barber
CAMERON SPENCER/GETTY IMAGES

Canada's Shawn Barber won a gold medal in the men's pole vault at the world track and field championships on Monday in Beijing.

The 21-year-old, who won gold at last month's Pan Am Games, was the lone competitor to clear 5.90 metres on his first attempt.

Defending champion Raphael Holzdeppe captured silver.

The medal is Canada's fourth of the competition and the country's first ever in pole vault. THE CANADIAN PRESS

RECIPE Panko Crusted Chicken Sandwich with Sriracha Coleslaw

EAT LIGHT AT HOME

Rose Reisman
rosereisman.com
@rosereisman

The lightly sautéed panko-crusted chicken thigh goes well with the spiced up coleslaw. Serves 4.

Ready in
Prep time: 15 minutes
Cook time: 8 minutes

Ingredients
- 4 boneless, skinless chicken thighs (pounded)
- 1 Tbsp cornstarch
- 1 egg
- 2 Tbsp 2 per cent milk
- 1/2 cup panko or breadcrumbs
- 2 cups packaged coleslaw
- 1/4 cup light mayonnaise
- 1 Tbsp light sour cream
- 1 Tbsp lemon juice
- Salt and pepper
- 1 tsp Sriracha or hot sauce
- 4 sandwich buns
- 4 slices field tomatoes

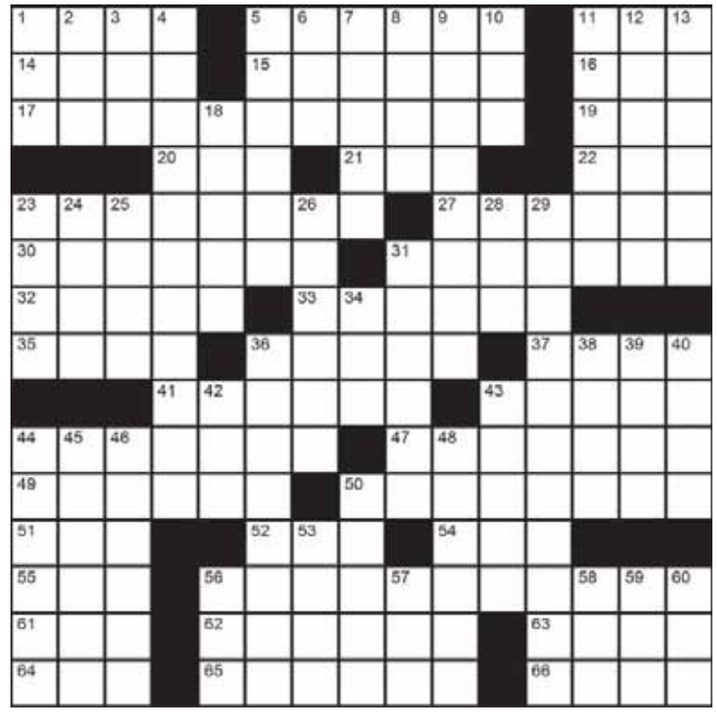
Directions
1. Sprinkle cornstarch over chicken. In a dish, mix egg and milk and dip chicken to coat. Dip in panko crumbs.
2. In a large hot skillet, sprayed with vegetable oil, sauté chicken until cooked through, about four minutes per side.
3. To make slaw: In a bowl, combine slaw mixture, 2 Tbsp light mayonnaise, sour cream, lemon juice, salt and pepper and 1/2 tsp Sriracha.
4. In a small bowl, combine remaining mayonnaise and 1/2 tsp Sriracha. Spread this over four bottom of buns.
5. Place tomato slice over top on bottom buns, add chicken and divide slaw on top.

Nutrition per serving
- Calories 332
- Protein 23.6 g
- Carbohydrates 40 g
- Fibre 3 g
- Total fat 8.7 g
- Saturated fat 2.7 g
- Cholesterol 122 mg
- Sodium 629 mg

PHOTO: ROSE REISMAN

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Canned meat brand
5. Instruments like Ravi Shankar's
11. "Tell _ No" by The Zombies
14. Rikki-Tikki-_
15. Breakfast menu selection
16. Brit band, briefly
17. Mid-'70s Canadian TV series based on Johann Wyss' 1812 classic book, "The _ _ Robinson"
19. Scandinavian rug
20. Rested
21. Tee 'n' club org.
22. Sure-footed mammal
23. Long-steps-taking pedestrians
27. Computer store purchase
30. Food Network watcher's interest
31. Rants
32. Put down
33. Fawn
35. Island of Indonesia
36. _ and effect
37. Legend
41. Sacred songs
43. Jason of "How I Met Your Mother"
44. Overcome/make do
47. Country in Africa bordering Sudan
49. Contradiction
50. British-born missionary doctor to Newfoundland and Labrador, Sir Wilfred _ (b.1865 - d.1940)
51. NYC's Madison
52. 'Equal'-meaning prefix
54. Wilmington's state, for short
55. Name: French
56. Canadian comedy partner for Frank Shuster: 2 wds.
61. Watercraft, with Jet
62. Furthest orbital point
63. Band's undertaking with dates to commit to
64. Mauna _ (Hawaiian volcano)
65. Peanut Butter Cups name
66. Crooned

DOWN
1. Haloed humans, for short
2. Puppy's friendly offering
3. Canadian broadcaster Mr. Lewis
4. Fun-to-spell American river
5. Cushion
6. "Baby _-_ Want You" by Bread
7. Office workers, e.g.
8. Sacha Baron Cohen character in Madonna's "Music" video: name + letter
9. Comparative
10. Trough locale
11. Monarch's messenger
12. President of France's residence, _ Palace
13. Jokes-filled celebrity tributes
18. "Sexy _" by The Beatles
23. Strikebreaker
24. Marching band instrument
25. Money in Oman
26. Entertain enthusiastically
28. 'Hect' ending
29. Some footwear, a nod to dancers: 2 wds.
31. One mixing the salad so that the lettuce flies up but then lands in the bowl
34. Certain cake
36. Circus carousel's music provider
38. Fiend
39. Stagger
40. Airline of Israel: 2 wds.
42. Sauna site
43. Brawn
44. Port city in Poland
45. Invalidate
46. Low energy reason maybe
48. Changes hair hue again
50. They resonate when struck in orchestras
53. Boot alternative
56. Cookie container
57. Maiden name indicator
58. Beatles hit: "She Loves _"
59. Sister
60. Work unit

IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
A confident approach is a must. If your rivals get the idea that you are having doubts they won't hesitate to exploit them and that could lead to a serious setback later in the week.

Taurus April 21 - May 21
Try not to take anything too seriously. If you find yourself thinking about one thing to the exclusion of everything else that is a sure sign you have become infatuated about something and that isn't healthy.

Gemini May 22 - June 21
Today you will wonder if the powers that be have got it in for you, but it is your state of mind that is making things seem tougher than they really are. Life will get easier very soon.

Cancer June 22 - July 23
Travel and social plans are likely to be disrupted, although nothing too drastic will happen so long as you look ahead. Make allowances and make sure you have not forgotten anything important.

Leo July 24 - Aug. 23
Think carefully before committing yourself to anything of a financial nature today. Someone is keeping from you facts you need to know.

Virgo Aug. 24 - Sept. 23
You are strongly advised to be suspicious of everything you see and hear. Neptune, planet of confusion, is making things harder to understand and if you are not careful you could be the one who loses as a result.

Libra Sept. 24 - Oct. 23
A rethink of your aims may be a good idea but don't change anything before getting advice from people you trust. You are a little confused and it might be the case that you don't have to change anything at all.

Scorpio Oct. 24 - Nov. 22
What you have to say is not what certain people want to hear, so don't be surprised if they try to twist your words. The message you have to deliver is of major importance, so keep repeating it.

Sagittarius Nov. 23 - Dec. 21
You've been worrying for no good reason about something that is of no importance at all. Wven a wise Sag can be fooled now and again.

Capricorn Dec. 22 - Jan. 20
There will be plenty in the way of rumour today but precious few facts, so don't jump to conclusions. When even those in positions of authority have no idea what is going on there is not much point making plans.

Aquarius Jan. 21 - Feb. 19
Try to be a bit more laid-back about money matters today — but not so laid-back that it seems as if you don't care. If you have any bright ideas about how to increase profits you must speak up.

Pisces Feb. 20 - March 20
You know you can trust your own instincts but can you trust other people's instincts? Don't take what others tell you at face value today.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

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